

A QUIVER BOOK 

INCREDIBLE LOVEMAKING EXPERIENCES  
**HOTTER AND LONGER** THAN YOU'VE EVER DONE IT BEFORE



# MARATHON SEX

**SONIA BORG**, PH.D., M.A., M.P.H.

AUTHOR OF **ORAL SEX HE'LL NEVER FORGET** AND **ORAL SEX SHE'LL NEVER FORGET**

Incredible Lovemaking Experiences  
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**To a sex-positive world.**

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# INTRODUCTION

Who has time to plan a sex date anymore? Work, domestic duties, family obligations, and the overall insanity of our everyday schedules all leave us very little time for one of the greatest pleasures in life, sex.

Open this book and open yourself up to a new, sexy way of being with your lover so you can discover:

- > Perfect plans for titillation and seduction.
- > Exciting, new moves that will help you both last longer and will intensify orgasms.
- > Proven techniques for sensual erotic touch, fabulous oral sex, and inspiring multiple orgasms.
- > Perfect sex positions to increase pleasure.
- > A greater sexual awareness.
- > More intimacy and connection from sexy shared experiences.
- > A newly inspired sense of sexual adventure and creativity.
- > Fun, light, and sexy memories that will last a lifetime.

This book is your ticket to that toe-curling sex that you've both been dreaming of. When you indulge in the Marathon Sex Moves outlined here, you'll not only be giving your sex life the time it deserves, but you'll be injecting creativity and passion into it as well. Each of these scenarios provides a steamy sex date hot enough to put the sizzle back into any relationship!

And I promise both you and your lover this: The relationship will feel new and exciting again.

Other books may teach you different techniques, as I do here. But this book does more than that: I have created special scenarios that turn sex into an event, and there is a scenario for every erotic mood.

Running a marathon is an experience that requires a love of running, inspiration to start and finish it, enthusiasm for the process, and the knowledge to get you to the finish line. Similarly, each of these Marathon Sex Moves require a love of sex, inspiration to do it, and do it well, enthusiasm for your lover and pleasure, and the knowledge to get you both to the finish line with plenty of orgasms. To ensure that

you enjoy every step, each move is separated into three major sections:

- > **The Course Map** gives you an outline of what is to come for an easygoing and smooth sexual experience, as well as lists for any equipment you might need or pre-sex preparations you might have.
- > **The Warm-up** includes ideas for setting the intimate stage and tips for foreplay that will lay the groundwork for intense and long lasting orgasm.
- > **The Marathon** provides you and your lover with step-by-step instruction for creative sex play. The great thing is, you'll always know what to do next.
- > **The Last Laps** will outline the final moves or positions to get you to the glorious finish line, coming all the way!
- > And finally, the sidebars, **Tips to Cross the Finish Line** and **Running Notes**, are loaded with useful information based on research and my own experience and observations as a clinical sexologist. The notes here will help you understand how to be creative, light, and playful with sex.

Each Marathon Sex Move explores a different side of sex and intimacy, from playful to boundary-pushing to soul-mate connecting. If you try one and don't like it, try another . . . and another . . . and another. Adapt, change, and modify to make it your own. Don't worry so much about doing the positions and techniques properly. Practice the techniques, do them, and then forget about them. Find your own sense of freedom and creativity, but most important, have fun.

I sincerely hope that my book will give you the tools and inspiration for rocking your erotic world.

Wishing you a healthy and happy sex life!

XOXOX,  
Dr. Sonia



## BEFORE YOU BEGIN: THE SEXUAL RESPONSE CYCLE

The Sexual Response Cycle is a model, so it's not individualized, but knowing how you and your partner generally move from arousal to post orgasm is valuable information. This awareness will help you to train for the marathons, so you better know when to arouse, when to penetrate, and when to cuddle. How long should that cuddling be anyways?

### **EARLY AROUSAL:**

- > Heart rate increases and blood pressure rises.
- > Body muscles tighten up.
- > Penis, labia majora, clitoris, and nipples become enlarged and filled with blood.
- > Testicles rise closer to the body.

### **INCREASED AROUSAL:**

- > Breathing deepens, and there may be moaning, gasping, or grunting.
- > Genitals get larger as they fill with blood.
- > Perspiration.
- > Vaginal lubrication.
- > Pre-cum appears on the head of his penis.
- > Muscle tension increases, toes may curl, and spasms show on the feet face and hands.
- > As the genitals swell with blood, they may appear darker.

### **AS ORGASM APPROACHES:**

- > Heart rate, breathing, and blood pressure reach their peak.
- > Thrusting reaches a peak.
- > The body flushes, which appears like a rash.
- > The body becomes stiff (generally speaking), and for men ejaculation is

inevitable.

### **DURING ORGASM**

- > Loss of muscle control.
- > The penis contracts as he ejaculates.
- > The uterus contracts.
- > The contractions may spread throughout the genitals, sphincter, and even into the rest of his body.
- > Men can orgasm with or without ejaculation.
- > Some women ejaculate a fluid.

### **AFTER ORGASM (REFRACTORY PERIOD):**

- > All men and women have a refractory period, the time before they can achieve an erection or orgasm again. The time differs depending on the person.

The better you know your partner's genitals and sexual response cycle, the better a lover you will be.

Move 1

# SHE COMES AGAIN ... AND AGAIN ... AND AGAIN



If you want to have wild, uninhibited sex with your partner, you must be someone she can trust with her heart and body in every way. Then, and only then, will you watch her go from *not* to *hot*. This is a forever project, so let's get you off on the right foot! Begin here with a pleasurable pair of intercourse techniques and two oral arts that will ensure she'll stay in prolonged orgasmic ecstasy—and come back for more, and more, and more!

## THE COURSE MAP

- > Get the party started with **Everywhere But There**.
- > Guarantee she'll enjoy herself in **Light as a Feather**.



- > Intercourse is extra special with the **Clitoris in Mind**.
- > It's all hands on deck for an oral move that puts the **G-Spot in the Spotlight**.
- > Let go and let be as you lead her through **Ultimate Surrender**.

## THE WARM-UP

This Marathon Sex Move is three hours of sex that will blow her mind. If you do it right, these three hours will fuel the fire of her desire for a very long time to come. Knowing that she is with you, a giving and capable lover, will inspire her to new levels of sexual interest and adventure, and it will lay the groundwork for sensational sex all around.

Before the marathon begins, make sure everything is in order. Shower and scrub your sexy body so it's nice and clean for her, and trim up whatever hair she prefers you to have neat (whether that's your crazy ear hair, your scratchy beard, or your manly area).

Turn your bedroom (or whatever area of the house that you choose) into a sexy sanctuary. Put soft, clean sheets on the bed, light her favorite candles, play her favorite music, and prepare a platter with her favorite treats and glass of wine (or cocktail, or tea).



## TIPS TO CROSS THE FINISH LINE: RELAX

We all know the story: Both of you are busy. You want to connect with sex, but you also want to get to bed because you're exhausted and you have a big day tomorrow. Right? Wrong! Not tonight. Tonight is different. Pick an evening when neither of you have too many obligations the next morning. Come home early if you must, take a nap, and clear your calendar for her. This is Marathon Sex Night, and Marathon Sex Night commands respect. This should be your perkier three hours of the day.

Be waiting for her arrival. The moment she walks in the door, give her a passionate, lingering, loving kiss. When you break away from the kiss, rub her arms, look her in the eyes, and smile. Hold your gaze. Tell her something you appreciate about her, such as "you are the most wonderful partner a guy could ever ask for," and lead her to the special space you created just for her.

Sit her down, rub her shoulders, and kiss her neck. Pull up a chair and sit before her. Take her hand, look into her eyes, and ask about her day. Take off her shoes and listen as you rub her feet. The physical, pleasurable contact of your hands on her feet will increase her relaxation, and sharing some of her feelings will enable her to then let the day go, wanting only more of you. More. More. More.

### **Everywhere But There**

Give it to her and give it to her, everywhere but "there." She's probably used to you going straight for her pussy. Not tonight. You are not even going to go there for the first 20, 30, or even 60 minutes. You are going to touch her with lust, appreciation, and desire. Everyone wants to feel desired—here is how you make her feel wanted:

- > Have her stand before you and start with her face. Look at her eyes and touch her face. This is not a massage; this is admiration. Kiss her lips, caress her cheeks, and rub your noses together. Kiss her forehead. Feel close. Stroke her hair. Pick your favorite feature above the neck, and give her an authentic compliment (women can tell when you're just feeding them a cracker-jack box line).

- > Take her hand and gently squeeze it. Lead her to the mirror and stand behind her. Have her watch as you unbutton her blouse (or open her robe) and kiss her neck, trailing your teeth against her skin as if you were trying to decide which part of her you want to devour first.
- > Remove her shirt (or sweep aside the shoulders of her robe) and kiss every exposed area of skin. Kiss every millimeter of her skin that is exposed so lightly that you can feel even the microscopic hair on your lips.
- > Exhale against her skin as you move your lips all the way up to her ears. Whisper something absolutely true about her. If you find her to be the funniest woman you've ever met, share it. If you love the sound of her voice, let her know. If you love her, tell her—they are the three words that she will never grow tired of hearing. Don't hold back.
- > Lightly caress her, applying more pressure than you did with your mouth, so that she can feel the warmth of your hands. Your fingers and palms are telling her of your intention to love the curves of her waist, her arms, her abdomen, her breasts, and her nipples.
- > Grasp her shoulders and take her one step back. Apply light pressure and very, very lightly scratch every square inch of her back until the goose bumps stop.
- > Turn her around into the space you created between her and the mirror. Put your hand on her shoulders, look her in the eyes, and go in for another kiss, slowly intertwining your tongue around hers. Unlock your lips, and maintain an unwavering gaze as you drop to your knees.
- > Remove her pants or skirt before you deliver firm, succulent kisses to her waist and abdomen. Tongue the inside of her thighs, moving the tip of your tongue slowly so as to tease her. This move will make her ache for you.
- > Carry or lead her to the bed, where she can lie on her back and surrender. Crawl over her, with that "I can't resist you" look in your eye. Run your hand down the back of one of her thighs and over her calf, and firmly lift her foot. Kiss, caress, suck, and love her toes and the soles of her feet until her eyes are glossed over in bliss. Kiss her calves as well. This kind of attention to often-neglected body parts will have her feeling beautiful and sexy. She may also think that you are the best thing that has happened to her in a long time.



# THE MARATHON

## Light as a Feather

Grasp her knees and gently rock her legs together from side to side. If she offers up no resistance, she's very relaxed. If she smiles at you or even laughs, she's feeling ultra blissed out. This is exactly where you want her to be.

In fact, you are going to restrain her so she couldn't move, even if she wanted to. The idea here is that she doesn't have the option of *not* enjoying sex. Assure her that you will take care of her every need and give her loads and loads of pleasure. Remove any other clothing she might be wearing. Gently tie her hands to the bed, or just tie her hands together above her head. Now it's time to remove any clothes you have on.

Crawl back over her so that your body hovers over hers. Kiss her on the lips again, for at least a minute. Then move down her body, laying a trail of kisses. When you get to her pussy, ever so softly blow on her clitoris.

Feather your tongue over every surface, cliff, and fold of her vulva. The mastery is in the feathering, never quite putting pressure anywhere. Use simple, light, barely touching brushes of the tongue. This will have her wanting more—more pressure, more contact, more *you*.

When she begins moving her pelvis or her head, or begs you for more, press your lips on the commissure. This will give her the pressure she craves without overstimulating the clitoris.

Change up the sensations: Fondle her breasts and gently rub and pinch her nipples. Stimulating the nipples can often bring a woman over the top.

When you're ready, softly suck, encircling the entire clitoris, then lightly feather her clitoral gland. Pay attention to the way she responds—if she starts thrusting and moaning things such as “Don't stop,” she's close to orgasm. If you change motion or speed and her build-up seems to subside, resume what you were doing before.







If she comes, hold on tightly to her legs during orgasm. She may flail and scoot away, but keep her in place while maintaining a consistent feathery, light pressure and speed with your tongue right to the last contraction.

Now, instead of holding her through resolution, move on top of her and push your cock into her. The weight of your body on top of hers and the full feeling of your penis inside her vagina will feel delicious. Keep your movements slow, long, and loving. If her hands are tied to the bed, now is a good time to untie them so that you can move her around. If they're simply tied above her head and she seems to be loving it, by all means, leave her in her restraints!

## **Clitoris in Mind**

Most women need some kind of clitoral stimulation to orgasm. This penetration move will give her plenty of clitoral contact. Place a few pillows under her bottom. Then move onto your knees and lean over her; she can wrap her legs around or just below your buttocks. Position your pelvis so your pubic bone is pressing against her mons and clitoris.

Now for the rhythmic thrusts. Move slowly and try to keep your pubic bone pressed against her clitoris at all times as you penetrate her, moving in opposing,

rocking thrusts. You will be moving your pelvis downward during the inward stroke, and upward for the outward stroke.

If you're rubbing her clit just right, you'll be able to tell by the way she thrusts against you. Encourage her with sex words such as "Grind into me, baby" and "Oh you feel so incredible." Try to feel her rhythm and expand on it. You can also put your hand under her rear to lift her bum and press it more firmly against your pubic bone.



Continue to move slowly, but don't forget to get feedback and ask what feels good. Have her tell you when you get the perfect motion, or just the right spot.

The consistent sexual movement in all the right areas builds arousal that peaks naturally. Women, unlike men, do not need a refractory period after they come, which is what allows them to enjoy multiple orgasms. Once they are in the orgasm phase, it's easier to get them to come again, so go for another. Find your rhythm and groove as you rub the clit all the way to orgasm.

## **G-Spot in the Spotlight**

Now that you've mastered the penetration move, bring her to the edge of the bed (sliding her down the bed with the strength of your arms will be a turn-on for her).

Assume the proper position on your knees and get ready to give her oral while stimulating her G-spot.

Kiss your way down to her vulva.

Lift her legs over your shoulders and rest them on your back; you want her to exert as little energy as possible.



## TIPS TO CROSS THE FINISH LINE: AROUSAL LEVELS

This is about endurance; keep your arousal levels in mind. If you are becoming too aroused in the current position and you get too close to orgasm, pull out and cool down for a minute. Move down to give her oral pleasure or other attention you know she loves.



Insert a finger into her vagina, then two, and gently explore. Your sensitive fingers are searching for the G-spot, which is about an inch or an inch and a half (2.5 to 3.8 cm) from her vaginal opening on the upper side of her vagina toward her belly. The G-spot is between the size of a dime and a nickle and will feel spongy and may feel slightly raised.

When you get to the spongy G-spot, add pressure and rub with your fingers. Some women are very sensitive to touch in this area, so definitely ask her how it feels.

Your lady might like a very, very light touch, or she may like firm, even stroking.

Lick her clitoris as previously instructed, while stroking her G-spot in the way that's just right for her. Tell her to imagine her G-spot becoming larger and larger and more and more sensitive to the touch. If she feels a small pre-orgasmic shudder, she can find the rhythm and ride it to full orgasm. Or, if you would like to prolong the bliss and intensify orgasm, she can breathe through the contraction and try to relax the muscles in her pelvis, particularly her PC muscles.

If she hasn't come yet, put a hand on her mons and gently press. The contrast of internal and external pressures on her G-spot can make for a thrilling combination.

Quicken the strokes of the internal massage with slightly more pressurized sucking and flicking across her clitoris until she explodes in orgasm.

## **THE LAST LAPS**

### **Ultimate Surrender**

By now your lover is most likely very relaxed and ready for some deeper penetration. Lay her on her side and snuggle her from behind, Spoons style. Reach around and caress her breasts, stroke her arms, and kiss her neck. If she's the romantic type, whisper loving sentiments; if she's on the naughty side, let the naughty words rumble into her ears (if you're not sure, try both and see how she responds!).

There are a couple of options when it comes to deep penetration. You can either take the reins and enter her from behind in the Spoons position, or do a smooth transition and roll her up so she's sitting on top of you, facing towards your feet (this is called Reverse Cowgirl), so she can choose the depth that she desires.

Let her find her rhythm. If you're in Spoons, push her shoulders forward a little for deeper penetration. Thrusting her ass back into you will let you know how deep and fast she wants it. If she's on top, tilt your pelvis up by tightening your glutes and hold when she goes deep, giving her your firm, hard cock to sink onto. Assist her by grabbing her hips and moving her on your penis.

Continue to tell her how beautiful she is (or how deliciously naughty she is). Stimulate her nipples with one hand while she plays with her clitoris—or switch roles and have her pinch her own nipples, while you reach down and work her clit into a state of glassy-eyed bliss.

If she tells you she's going to come (again), continue what you're doing until she's reached the pinnacle. And if you've managed to outlast her through one or more orgasms, good for you! Now is the time for you to let loose!

Snuggling is an important part of sex, especially for her, because it reaffirms the intimacy and brings it full circle. After you've both finished, pull her close to you and let her rest her head on your shoulder. Stroke her hair as she drifts off into the deep, peaceful sleep of the satisfied woman.





## TIPS TO CROSS THE FINISH LINE: MULTIPLE “O”S

When asked what their secret is, multiorgasmic women had this to say: (1) You must believe that having multiple orgasms is possible; (2) you are responsible for your own orgasm; and (3) keep going. There are exceptions to the rule, but generally speaking, once a woman climaxes, she does not need to repeat the entire sexual response cycle to climax again. She's ripe for more. Keep going.



Move 2

## HIS TURN



This is a multihour session devoted to teasing and pleasing him . . . every inch of him . . . from an erotic massage that will make him butter in your hands to oral techniques and intercourse positions designed to hit *every* hot spot on his body.

This is the ultimate gift for him: He won't have to worry about how to perform for you, which can take a lot of pressure off of him and allow him to just be sexual and sexy. But that doesn't mean you can't have your fun, too! You can lavish him with affection *and* have your own "O" in the process as you truly experience the gift of giving.

## THE COURSE MAP

> Relax him with a **Sensual Massage**.

- > Relieve his pressures with an **Erotic Massage**.
- > Let the games begin with **Ball Play**.
- > Make him hard with **Sucking the Mango BJ Technique**.
- > Give him a **No-Hands, Full-Body Massage**.
- > Finish with **Deep Throat** (and have your own “O”).

## THE WARM-UP

This is Marathon Sex Day, and a Marathon Sex Day requires something special, something different, something that will make the headlines of his own daily. When he leaves for work, instead of the usual peck on the lips goodbye, whisper this in his ear: “Tonight is Marathon Sex Night. When you come home, I want you to sit back and relax while I take care of you. I don’t want you to do anything except let me give you pleasure.” Rub your hand on his crotch ever-so-suggestively and then give him a passionate kiss goodbye.

Get home before him so you can prepare the space and get yourself in the mood. Turn yourself on. Put on your favorite bra and panties, the ones that make you feel sexy, along with those smoking-hot, red high heels. Pour yourself a glass of wine, rub a little sensitizing cream on your clit, and turn on the music that makes you want to dance in your underwear. These are life’s simple pleasures. Knowing what turns you on and makes you feel like the sexy woman you are, and accessing it (even if only with your imagination), is the real secret to passion.

Lay towels on the bed and place some massage oil on the nightstand. Find a type that will arouse both of you; pure almond, coconut, or grapeseed oil is a good choice because it feels great on the skin and it tastes good enough to eat.

Place some of his favorite things on a silver tray: for example, his favorite wine, beer, or cocktail; his favorite cigar, cigarette, or pipe; his favorite sexy magazine; his favorite pair of boxers—you get the idea.

When he walks in the door, he will see you and think he’s died and gone to *Hooters* . . . oops, I mean heaven. And best of all, it’s his dream girl who’s working! Approach him holding the favorite things tray and hand him his drink in your own flirty style. Walk away with an extra swing in your hips, knowing he is watching you.

Let him unwind, enjoy some downtime, and wait for *him* to come to *you*. I predict

he will return in about, oh, one minute. When he does, have him and her undress, sit him up on the edge of the bed, and give him another one of his favorite things, such as the cigar, while you start with a sensual massage.

## THE MARATHON

### Sensual Massage

Have him sit on the edge of the bed as he enjoys his cocktail or cigar. Sit or crouch behind him on the bed and massage and knead his shoulders, kiss his neck, and nibble his ears. Begin your sensual massage by running your fingernails through his hair, scratching his scalp, and giving a gentle tug on his hair. Run your hands down his spine and, using the palms of your hands, massage firm circles along the broad muscles of his back.

Gently set his drink aside and have him lie back on the bed. Give long, loving strokes down his arms, chest, and legs. Look at him with adoring eyes as you massage his feet. Hold a foot with both hands and rub your thumbs up the sole. Push the toes down and rotate the ankles. Massaging the feet will relax and ground him, and bring him into a receptive place.

Now that he is relaxed and open to stimulation, you need to get the energy circulating to his penis and build up his sexual arousal.

### Erotic Massage

Apply plenty of massage oil to your hand and his penis. Progress through the following moves slowly and sensually to stoke his excitement and get him good and hard.

**Turning the knob.** This is a good basic stroke to start with. Place your hand at the base of his cock, slowly stroke upward, and begin rotating your hand about mid-penis, as if you were turning a door knob. Slide your hand back to the base and repeat.

**Changing the lightbulb.** Stack your hands on top of each other, around his penis, and loosely turn the bottom hand away from you and the top hand toward you as you move up the shaft. Use gentle pressure and make sure he is plenty lubricated for this move; otherwise, it can hurt.

**The orange juicer.** If you've ever used a manual citrus juicer, you will recognize this stroke. Gently press the head of his penis in the palm of your hand and turn.

Give a nice, concentrated effort to the head of the penis with this move.





## **TIPS TO CROSS THE FINISH LINE: TWO-FINGERED COCK RING**

This technique is especially useful for giving him harder and longer-lasting erections because it exposes the nerve endings in the head of the penis, holds the blood in place, and increases his pleasure experience. As he grows hard, put the thumb and pointer finger of your nondominant hand in an A-OK sign and slide it down starting at the top of his penis, and gently pulling the skin downward and holding it at the base of his cock. Hold this position and then using your dominant hand do the basic “turning the knob” technique as described above.





**Swedish cock massage.** Hold the head of his penis in one hand and extend it to full length. Keeping the thumb and forefinger of your other hand about a finger-width distance apart, run them along the underside of his shaft, first up to the head and then back down to his balls. Repeat the stroke on the upperside of his shaft. This is a great jump-start stroke, meaning it will jump start him to an erection in seconds.

## **Ball Play**

Men's testicles are often overlooked during sex play. This is unfortunate, because the testicles are full of nerve endings and are highly susceptible to pleasure. Because of this, most men love having their balls stroked. Offer a multisensory approach by incorporating ball play into your lovemaking with one hand while stroking his shaft with the other.

Starting with the “two-fingered cock ring” position described on [page 24](#), gently scoop his balls with the palm of your hand. The moment you scoop his balls, make admiring eye contact with him. He's loving it, isn't he? Keep your hands in position and, using light, barely-there pressure, flick your tongue quickly over his sack. Trace a figure eight with your tongue over his balls. Glide your tongue up the seam between his testicles. Very gently, put his balls in your mouth one at a time, sucking them, while you twirl your tongue around the surface. Continue doing what you are doing and simply hum. This will add a nice, vibrating sensation.



## RUNNING NOTES: MOVING TESTICLES

Testicle movements are a great indicator of where he is in his sexual response cycle. Testicles rise before ejaculation so that the sperm have a shorter distance to travel out of the urethra. At the height of arousal, the testicles may increase in size by about 50 percent, returning back to normal after orgasm.

Once you are able to identify his size and movement indicators, gently handle his balls to facilitate orgasm. During oral or manual stimulation, lightly pull down on the scrotum if you want to help him last longer. Likewise, to speed the process, lift his balls up.

## Sucking the Mango BJ Technique

He should be very, very relaxed right now. But he may or may not be fully erect. No problem. It's important to love the penis in all of its stages of sexual arousal. Massage it with your mouth using a version of the Indian technique called "sucking the mango." The bonus is that you get to experience him growing hard in your mouth. Yum yum! The suction fills the penis with blood just like the world's best penis pump can do.

1. Cover your teeth with your lips.
2. Slowly and with light suction, take his penis into your mouth, inch by inch, sucking little by little. Rely on the gradual sucking and movement of your lips down his cock.
3. Remove his penis by releasing the suction and moving your mouth to the tip of his penis just as slowly and consistently as you did when sucking in his cock.
4. When your lips come to the head of his cock, pucker your lips, kiss his head gently, and lick your tongue over the urethra.
5. Change it up by varying the sucking pressure and localization of the suction. Localizing the suction on the head is a different sensation than localizing it on the base. Suck lightly at first and always start off a few notches lighter on the head because it is so sensitive. Ask your man to let you know if he wants more pressure and increase it as he desires.

## **No-Hands, Full-Body Massage**

Massages are always better with lube, and even better without hands, especially when you use your whole body to rub his. Seductively apply the oil to your own skin and give him a show to remember.

Stand in front of him naked. Look him in the eyes. Sway your hips, raise your arms, and run your fingers through your hair as you get into your own pleasure. You can turn this into a mini-strip tease by removing the sexy underwear you have on.



## TIPS TO MEET THE FINISH LINE: CHANGE GEARS

At this point, he is without a doubt turned on, but you don't want him to come just yet. One of the best ways to prolong your lovemaking session is to change gears. You can change speeds, pressures, activities, or positions. Another quick trick is to encircle the base of his cock with your thumb and forefinger and squeeze gently (meanwhile, don't touch him anywhere else). This will stave off climax and let him cool off for a minute.









## TIPS TO MEET THE FINISH LINE: CERVICAL STIMULATION

At the bottom of your inward thrust, you may feel his penis hitting your cervix. If you like this sensation, tilt your pelvis up and thrust downward, using your hands to push against the bed for more depth. This will give you deep penetration, stimulating both your cervix and the tip of his penis.

Some women report pain when the cervix is stimulated, while other women report that it hurts so good. Others find that slow, gradual pressure releases a lot of tension—you might even feel your body relaxing on contact.

## THE LAST LAPS

Squeeze the bottle of massage oil so it generously drips down the front of your body and falls off the cliffs of your nipples. Massage the oil into your skin, over your arms, breasts, tummy, hips, and upper thighs, touching yourself the way you like to be touched, getting lost in what feels good. Look him in the eye while you touch yourself and moan with pleasure.

Get on top of him so you are chest to chest. Look him in the eyes, and very, very slowly glide over his cock and take it inside, as deeply as you can. Ahh! The first plunge is always sensational.

Glide off of his cock as slowly as you did moving onto it. Reach for his hands and bring them up by his shoulders so you can pin them down in a light restraint; now he knows he can just lie back and receive.

Slightly tilt your pelvis up so your clitoris and labia are stimulated by his pubic bone while his penis moves in and out of your vagina and massages you internally.

With his cock inside you, contract your PC muscles and hold on the outward thrust. On the inward thrust, relax your PC muscles and slide all the way down his shaft. If he's not too lengthy, this will give his balls a nice rub against your wet vulva. The contraction of your PC muscles intensifies your orgasmic pleasure and provides a nice, tight fit for you both. Mix it up with small, tight contractions of your PC muscles.

## Oral Pleasure

If the last move has brought one or both of you to orgasm, simply lie together, relax, and leisurely stroke his body. His penis might be too sensitive right now for intense stimulation, so lightly caress it and be sure to pay attention to other nongenital areas of his body, such as his nipples or inner thighs. Pass him one of his favorite things, maybe the sexy magazine or a cigarette? Once he is feeling aroused again, have him lie on his back and get comfortable straddling one of his legs so that you can press your pussy against him when you wish.

Wrap your lips around his cock and take him in as you did using the “sucking the mango” technique. Feel him in your mouth. Let his moans and his breath ground you in the present moment.

Caress his balls with one hand while you grip the base of the shaft and work it up and down with the other. Tighten your grip on the shaft a bit and pulsate it by gently squeezing as you work it up and down.

Is he getting closer to climax? Wrap an index finger and thumb around the base of his penis in a ring, simulating your lips, so his penis feels like it is being taken in completely. To complete the illusion of “deep throat,” allow your hair to cover your face so he won’t see your hand. Take his penis in your mouth so the head of his cock hits the back of your tongue and the roof of your mouth. Create the sensation of your throat swallowing by rhythmically opening and closing the space between the roof of your mouth.

Let your head bob up and down. Make sure that your hand moves with your head. You’ll know he’s almost there when his balls tighten, his penis becomes even more engorged, and he starts thrusting his pelvis. At this point it’s important to not change anything you are doing.

When he’s ready to come in your mouth, you can swallow more easily if you keep his penis in the middle of your mouth, not letting it touch the insides of your cheeks, and concentrate on keeping your mouth and the back of your throat a straight, smooth line.

Feel and taste him climax and let it fuel your passion right through resolution, right through the last moan and the last contraction.

After this amazing race, he’ll see you for the prize that you are.



## TIPS TO CROSS THE FINISH LINE: MIND OVER MATTER

Where thoughts go, the body follows. Imagine that you rely on your clitoris to touch and receive information, much the way your fingertips, eyes, ears, and nose do. Imagine your clitoris engorged, quadrupling in size and throbbing with desire. Feel the throbbing, and pretend that the sound “boom boom” is the only thing you can hear. Do a Kegel exercise. Notice a contraction or feel a sudden surge of desire. Notice the heat coming from your vulva and feel the wetness between your thighs. Contracting your PC muscles increases arousal, lubrication, and blood flow to your pelvis, all of which can increase the likelihood and intensity of your orgasm. Focus on his perfect cock as you contract your PC muscles and rub your clit against his leg. Feel his skin on your clit and the pool of your own wetness. Feel and rub yourself to orgasm.

Move 3

## IT'S A TIE



Coming simultaneously is one of the sexual “holy grails” of our culture—it can provide an intense feeling of intimacy, and it allows you to collapse together, spent. However, the “coming together” phenomenon can be too much pressure. Instead of focusing on simultaneous orgasm, look at these techniques and tools you can use to better understand your lover and his or her sexual response cycle. And if the two of you do end up crossing the finish line together—well that’s just an added bonus!

## THE COURSE MAP

The secret to coming together is syncing together. Here are some practices that will help you ring your bells at the same time:

- > Get Naked while you **Strip with a Twist**.
- > Find your rhythm with **The Concerted Kiss**.
- > Sync your bodies as you do the **Duo Dance**.
- > Simultaneously suck with **Yin Yang**.
- > Concur with your sweetie in the **Love Seat**.
- > Unify your movements with the **Woman on Top**.
- > Come congruently with the **Coital Alignment Technique**.

## THE WARM-UP

### Strip with a Twist

It's stripping with a twist. He strips her. She strips him. Turn on music that you both enjoy that has a slow, rhythmic beat, and turn yourselves on as you undress each other to the music. Take turns removing clothing off of your lover, slowly and sensually. As you remove a piece of clothing, softly graze your fingers across whatever body part you've exposed. Ladies, let him remove your top, then strip his from him, caressing his chest as you go. Guys, let her pull your pants from your waist, then before you remove hers, slowly run your fingers beneath her waistband and stroke her hips and the top of her ass. Take your time and explore each other's bodies as you shed your clothing.

Once both partners are undressed, come together in a warm embrace. Stand still, listen to each other's breath, and feel each other's heartbeat.

### The Concerted Kiss

Breath is a quintessential element in things such as meditation, yoga, and Tantra practices. In Sanskrit, breath or *prana* literally means "life force." Noticing your partner's breath and synching your breaths together can increase intimacy and arousal.

First, just barely touch your lips, close your eyes, and breathe. Breathe in on your partner's exhalation. Once you get into a rhythm, one of you deepens your breath, while the other follows.

Once you are in a breathing rhythm, softly join your lips and just feel. Feel the other's lips against yours. Picture sending your lover passion. Focus on the



intention to move as one.

If one of you initiates a new pattern in the kiss, the other should follow and match the move. It doesn't matter who initiates; what matters is being in flow with each other.

Let your tongues roll together and find the rhythm in your kiss. Feel her rhythm, smell her breath. Taste his lips, hear his heartbeat.

## THE MARATHON

### Duo Dance

Move the connection of your concerted kiss into the rest of your body. It's time to dance again, slowly and feelingly. Feel the soft flesh of her breasts against your chest. Feel the warmth of his penis against your vulva.

Move your hips together as if you were "joined at the hip." Hold eye contact and sync the movements of your hands, slide your hands simultaneously up and down each other's backs and shoulders.

Go for the grind and see if you can stimulate yourselves through genital rubbing while maintaining the rhythm of the dance. Use sensate focus to heighten the feeling of pleasure.

Now it's time to dance your way to the bed for a little horizontal tango.

**Make a game of it.** Assuming that our partner knows exactly what to do and say at exactly the right time is a tall order, but understanding your own response cycle, as well as that of your lover, will make sex that much better for the both of you. Make a game out of communicating your arousal levels with your partner!

Let's think about sexual pleasure in terms of a scale from 0 to 10, with 0 being baseline and 10 being climax. Assign a number to the proximity of your orgasm. For example, 1–3 is early arousal, 4–6 is high arousal, 7–9 is approaching orgasm territory, and 10 is orgasm. This makes it easy to tell your partner where you are—you can just simply say "Two," when you're making out, or blurt out "Eight!" when you're getting close and don't want your partner to stop—and of course, the long moan of "Tennnnnnnnnn!" leaves no room for question on the state of your pleasure.

Feel free to replace the numbers with words, phrases, or gestures. The possibilities are endless:

- > Sing your favorite song or say, “I love sex” at 7.
- > Spank your partner’s rear three times when at 8.
- > Growl like an animal at 9.

Really, it doesn’t matter. This is just a way to accurately communicate where you are on the whole “I’m coming” scale. Remember, getting the timing right takes practice, as well as knowing yourself and your partner. Going for a tie is fun—don’t take it too seriously!



## RUNNING NOTES: SENSATE FOCUS

Sensate focus means to focus on the tactile sensations you are feeling—really notice how the hair on his legs feels when it brushes your skin, or how her fingernails feel lightly grazing your bicep. Sensate focus can lead to more intense orgasms because, rather than focusing on the goal of orgasm (which can make things too rushed or even cause orgasm-killing stress), you are paying more attention to your senses and the way things really feel in the moment. Simply put, the intention here is to feel more. This approach will help you both experience more arousal, and is especially good for men who experience performance anxiety, or women who find it difficult to achieve orgasm.





## Yin Yang

Lie down on the bed on your sides, in opposite directions, so that you are facing each other's hips. Your top legs should be bent and your foot resting flat on your other leg or on the bed for easy genital access. It's called Yin Yang because your bodies resemble the Chinese Yin Yang symbol. It's a variation of 69 and the perfect position to practice syncing and simultaneous sucking. You can rest your head on the bed or use your lover's thigh as a pillow.

Yin Yang is often highly arousing to lovers, and a fun way to practice toward simultaneous climax.

**Matching.** Start off slowly in order to sync your licking and sucking. Try matching your motions and actions. Guys, show your partner what you like by demonstrating on her pussy. Use the pace and pressure that you'd like her to use on you. Kiss her outer labia the way you like your balls to be kissed. Lick her inner labia the way you like your shaft to be licked. Suck on her clitoris the way you like the head of your cock to be sucked . . . you get the picture. Do it slowly enough so that she can feel your mouth movements and mimic them.

When one of you gets up to a 7 or 8, say so. Take a break and tell each other how amazing that was. When you're both ready to start again, it's her turn to lead the licking and sucking parade. Ladies, now he will follow your lead on speed, pressure, licking and sucking.

Again, pause when one or both of you reaches 8. It's time to transition into the

next position!

## **Love Seat**

The Love Seat position is ideal for promoting intimacy and eye contact, and in turn, intimacy and connection help make orgasms more intense. Guys, sit cross-legged on the floor or another firm surface (you can use a seat cushion or firm pillow under your bum if it's more comfortable for you).



Have her sit on your lap facing you with her legs wrapped around you. Play with the wrap of her legs—wrapping them tighter will pull her in closer, bringing her body weight with her.

Each of you will place your right hand behind the other's neck, and your left hand on the other's tailbone. You are now in the perfect position for intimacy.

Make eye contact and kiss each other with open mouths. Sync up your breathing as you did at the beginning of the evening, with one of you breathing in and the other breathing out. This is very soothing.

Insert your cock into her vagina. Both of you can do Kegels as you rock your hips together slowly, back and forth (for detailed information on Kegels, read Move 7). Caress each other; rub your hands up and down each other's back.

Maintain eye contact as you kiss and build the rocking pace, syncing, matching, communicating, and calling out where you are on the orgasm continuum.

Pause when one or both of you reach 8, and try to maintain your rhythm as you transition into the next position.

## **Woman on Top**

Ladies, have him lie on his back. Align yourself, lying on top of him, head to head and toe to toe, and establish a rhythm with your breath. Feel the sensations and, again, don't make orgasm the goal here.

When you're ready, sit up on his cock with your knees bent—your weight will be on your shins. In this position, known as Cowgirl, your vagina is wide open for deep penetration—and you can control how deep you want him to go. You can also control the angle at which you ride him and rub against him. If you lie against him, you can rub your breasts on his chest as you move. Or you can sit up slightly and tilt your pelvis forward in order to rub your clit against his pubic bone. Another lovely thing about this position is that you or your lover can caress your breasts and nipples.

If it's more comfortable for the both of you, sit up a bit in order to allow him to prop himself up on pillows and/or his elbows. From this position (if he's not on his elbows), he can squeeze your breasts together and move his tongue back and forth between your nipples. You can also push against his chest for resistance and to find deeper penetration.

You are at the homestretch now. If you choose to go onward with the marathon,



pause when one of you reaches an 8 and save your orgasm for the next position.





## TIPS TO CROSS THE FINISH LINE: CLITORAL STIMULATION

Most women need some sort of clitoral stimulation in order to reach orgasm, so encourage him to touch and rub your clit during sex, or feel free to take the reins yourself and use your own fingers—he'll love the show.

## THE LAST LAPS

### Coital Alignment Technique

As you prepare for the last move of the marathon, sync your breath as you did earlier, connect with another concerted kiss, and indulge in some sensate focus.

Guys, this position is similar to the one you tried in Move 1, the primary desire being to stimulate her clitoris. Have her lie on her back and get on top of her as if for Missionary position, but keep your legs to the outside of hers. When you enter her, instead of thrusting, try rocking up and down in order to rub against her clit.

If the two of you want to adjust the angle, try putting a pillow or two under her butt.

Start out slowly and ask her how it feels. You'll want to rub her clit just as she likes it—communication will be key here. Feel, taste, smell, and hear everything as you sexually communicate where you are in the process.

As you speed up, be a gentleman. When she's close, ask her to tell you (remember your numbers—she can easily scream out “Nine! Nine!”), then don't stop what you're doing! If you come with her, congratulations! If you come right after her, that's fantastic too! The real pleasure here will be in you both experiencing orgasm, whether it's in a cascade of one right after the other, or simultaneously. This marathon is all about studying your partner, learning more about each other's arousal, and building intimacy—well done!





## **TIPS TO CROSS THE FINISH LINE: FEMALE ORGASM**

According to Robert W. Birch, Ph.D., only 35 percent of the female population will orgasm during intercourse. What does this mean for you? Traditional missionary sex misses the clitoris and thus her “O.” The coital alignment technique was designed by sex therapists to give more stimulation to the clitoris during man-on-top sex.

Move 4

# SEXALICIOUS



Cooking and enjoying a delicious meal together engages all of your senses. Touching fresh fruit and supple skin, smelling cinnamon mixed with your lover's spices, and tasting rich chocolate drizzled along luscious lips will make for a sensual, Marathon Sex Night in!

Together with Chef Lizette, private consultant to five-star restaurants on Maui, I've created a menu that includes the most sumptuous aphrodisiacs to get you going and the most savory sex techniques to keep you cooking. This is one meal you will never forget!

## THE COURSE MAP

> Ensure a smooth-running, sexy night with **Food Prep Foreplay**.



- > Peel off layers of clothes as you stimulate and **Taste Your Way through the Erogenous Zones.**
- > Finish the night with the **Orgasm Buffet.**

## THE WARM-UP

### Food Prep Foreplay

#### *MISE EN PLACE*

*Mise en Place* is a kitchen term that means “everything in its place,” and this concept will ensure a smooth, sensual cooking experience for you both. To make the most of your time cooking together, begin with a sparkling clean kitchen and assemble all of the ingredients for each dish ahead of time. Note that a few of the items on the menu, including the Randy Brandy Gelatine Shots and Chocolate Fruit Fondue, require advance preparation.

Before the main event, you’ll want to:

1. Do the grocery shopping. Procure all of the tools you’ll need, including dishwear, utensils, etc.
2. Clean the kitchen and dining area.
3. Make the Randy Brand Gelatine Shots (these will need at least three hours to set).
4. Cut any of the fruit and pound cake for the fondue. Drizzle with balsamic vinegar and let marinate for at least three hours.
5. Place the grapes in the freezer at least three hours ahead of time.



## TIPS TO MEET THE FINISH LINE: USE THE RIGHT GEAR

Make sure you have all of the equipment you'll need to finish this marathon—special gear for tonight includes:

- > Fondue set with at least two fondue pots (these can cost as little as \$10 to \$15)
- > A set of inexpensive cosmetic brushes



## RUNNING NOTES: APHRODISIACS

Historically, aphrodisiacs earned their reputations for a variety of reasons. A food can be considered an aphrodisiac if it resembles a certain sexy body part. Many believe oysters resemble a woman's vulva in appearance and texture. Bananas are enjoyed as aphrodisiacal because of their obvious similarities to a man's member.



Some aphrodisiacs earned their reputation because of what they do to the body when consumed. Oysters and other seafoods contain large amounts of zinc, which increases testosterone levels, positively affecting libido. Chocolate contains mind-altering chemicals such as caffeine, theobromine, and phenylethylalanine, which stimulates the release of endorphins, the feel-good hormones. It's hardly surprising that Montezuma was said to consume large amounts of chocolate before sexing up his harem.

You can also add spice to your sex life literally. Many spices are considered



aphrodisiacs, including cinnamon and ginger. Hot spices, such as cayenne, heat the tongue and body, and can arouse the body because of the associations we make between warmth and physical intimacy.

Alcohol is known to increase confidence by reducing fears and inhibitions, but the other side of this coin is that it also reduces sensitivity and possibly inhibits erections. Be forewarned when mixing potent potables and passion.

What makes a good aphrodisiac? If you ask me, the best aphrodisiac is the one you truly enjoy eating or drinking. Taste and smell are two important senses intrinsically linked to attraction and sensuality—good food and drink equals pleasure, which will enhance your overall state of arousal!

## **The Menu**

Traditional wisdom holds that you should cook a meal as you make love—with wild passion and abandon! What fun it will be to do both together! Sexy Chef Lizette has created her own special recipes for this book, and the flavor combinations are complex. Keep an open mind: Raspberries and oysters can seem like a strange duo, but when you put them together—WOW! Watch out—it's very titillating to the tongue!

### **Randy Brandy Gelatin Shots**

2 5-ounce (142-g) packets plain gelatin

2/3 cup (157 ml) cold white rum 1 cup (235 ml) hot brandy

1/2 cup (100 g) sugar

1/8 teaspoon of salt

1/4 cup (38 g) chopped mixed berries (optional)

Soften the gelatin in very cold white rum. When the gelatin has absorbed the liquid, add hot brandy, sugar, and salt. Stir until dissolved.

Mold the gelatine shots into ice cube trays or plastic gelatin cups. Chill in the refrigerator overnight or for at least three hours, until firm. When firm, run hot water over the ice cube tray and release the gelatine shots onto a platter.

For best results, add berries halfway through the chilling process with a teaspoon. Chill again. Top with whipped cream if desired!

### **Raspberry Cream Fondue (to pair with oysters)**

1/2 tablespoon (14 g) unsalted butter  
3/4 tablespoons (90 g) brown sugar  
2 cups (470 ml) heavy cream  
Pinch of cinnamon  
1/2 cup (125 g) fresh raspberries  
1/2 tablespoon (6 g) finely chopped fresh mint

Directions are on [page 50](#).

**Fried Oysters (If you don't like oysters, you can substitute shrimp or scallops.)**

1/2 cup (60 g) all-purpose flour  
1/2 cup (60 g) corn flour 2 tablespoons (36 g) freshly ground sea salt  
24 oysters  
Olive oil, for frying

Directions are on [page 53](#).

**Chocolate Fruit Fondue**

Assorted fresh fruit: strawberries, bananas (leave whole), pears, pineapple, frozen grapes

Pound cake, cut into small cubes

Balsamic vinegar (the older the better), for drizzling

Fondue:

12 ounces (340 g) semisweet chocolate  
1 cup (235 ml) heavy cream  
1 1/2 teaspoons ground cinnamon  
1 1/2 teaspoons ground cardamom 1 teaspoon pure vanilla extract  
2 tablespoons (30 ml) Cognac, brandy, rum, or favorite liqueur  
A cup of love  
A stroke of passion

Drizzle the fruit and pound cake with balsamic vinegar and let marinate for at

least three hours. Further directions are on [page 53](#).

## **SETTING A SCRUMPTUOUS MOOD**

Set the table: Either set up a table at the end of the bed or lay a sheet on the floor in your favorite room and eat picnic style. If you go the picnic route, use a serving tray so the fondue pot has a stable surface. Set the table with all of the dishes and napkins you'll need, and be sure to place tea lights appropriately in order to keep your fondue sauces warm, not boiling hot.

Dress for dinner in multiple, sexy layers so your lover can treat you like a present to open. Take off your precious metal jewelry and have some fun with candy necklaces, wrapping the strands in places you'd like to be kissed (upper arms, ankles, upper thighs, belly). You can also use candy buttons to adorn your body wherever you wish—pop them off the paper strips, lick the back side, and stick them in hidden places.

Set the mood together by choosing your favorite slow, sexy music. Light some unscented candles, close your eyes, and sway to the music. Feel the music like you will feel the food in your mouth, with every flavor having its own note.



## TIPS TO CROSS THE FINISH LINE: SEXY INTENT

One of the reasons a meal tastes so delicious (or so bad) is because of the emotions the person making the meal embodies in the food. Making love is no different. You can have a kiss, and you can have a KISS. We all know the difference when we experience it.

## THE MARATHON

### Taste Your Way through the Erogenous Zones

Let's get the party started. After you've finished your little pre-dinner dance, move to the kitchen. In order to enter the kitchen, you must remove at least one article of clothing, such as a jacket or sweater, and if you happen to expose a candy button or a necklace on your lover, you must eat a few of the candies.

### AMUSE-BOUCHE

Pull out the gelatine shots and pull off one more piece of clothing each, such as socks or pants—you don't want any of your private parts exposed just yet (again, if you expose any candy, you must partake). Place the shot between your teeth and give each other berry-infused kisses. Close your eyes, cover your teeth with your lips, and see if you can get deep enough into the kiss to taste the flowery berry notes on your lover's tongue.

Take another shot out and place it wherever you would like your partner to eat it off of you. Or, if you are feeling sassy, break up the gelatine into bits and create a trail.

### ENTRÉE: STIRRING THE POT AND SENSUAL STROKES

Simmer yourselves into the main course beginning with the Raspberry Cream Fondue with Fried Oysters.

**To make the Raspberry Cream Fondue: Begin with a little dry humping.** Stand behind her, and through your clothing, rub your pelvic area and cock up against her ass as she melts the butter, brown sugar, and cream together in the fondue pot.

Reach around and caress her breasts, and touch her pussy through any clothing she might have on.

Now switch positions at the range. He'll stir in the cinnamon, then bring the fondue to a low boil over medium heat while you stand behind. Reach around and pull down his pants (if he still has them on), and move aside any undergarments. As he stirs the fondue, gently massage his balls and stroke his cock. Continue teasing him as he stirs in the raspberries and mint and brings it to a slow boil for three minutes. Imagine your sexual desire slowly heating up, like the fondue is doing, and know that eventually you'll be boiling (and orgasming!). Cooking together has never been so much fun!

Well done. Place the fondue pot on its stand with warming candle lit give each other another kiss.



## **TIPS TO CROSS THE FINISH LINE: KEEP HYDRATED**

Indulge in a sparkling wine to pair with your meal. Marilyn Monroe's favorite drink has long been touted as a powerful aphrodisiac—it's fun and flirty and very romantic. Sparkling wines are ideal because they compliment many different dishes and foods, and are especially delicious with fried foods, including your fried oysters!







**To make the Fried Oysters:** While she mixes both flours and the sea salt in a bowl, get down on your knees and position yourself between her legs. Put your mouth against her vulva, and breathe hot air and hum against the fabric of her panties. Feel free to say some sexy things against her—the warmth and vibration combined with your naughty suggestions will truly get her going before the two of you have to back off during the next step.

You're going to need to cool off before you fry. Take an ice-water break: swish it in your mouth, then move an ice-cold tongue around any hot spots on your lover, such as her earlobes or his biceps.

Okay, time to sober up temporarily. No sex play during the frying phase, because you don't want to burn any exposed skin. To fry the oysters, heat the oil in a deep saucepan, coat the oysters in the flour mixture, and fry in the oil over medium-to-high heat until golden on each side. Remove with tongs and drain on a plate lined with paper towels.

Yes! Yes! You made it through the main course. This calls for a celebration. Remove another piece of clothing and enjoy any new candy-adorned erogenous zones you might have uncovered.

Sit down (or recline) in your cuddle zone and enjoy the scrumptuous main course. Carefully dip an oyster into the fondue and place it in your lover's mouth (at least for the first bite). Food tastes differently when being fed. And there's no extra credit for neatness when eating the fondue—if some of the sauce falls on your skin, it must be licked off.

## **DESSERT: SOMETHING SWEET FOR (AND ON) YOUR SWEET**

When you have finished the succulent main course, make your way back to the kitchen in whatever clothing you have left.

**To make the Chocolate Fondue:** Now it's really time to get cooking! Remove whatever clothing he has left as he combines the chocolate, cream, cinnamon, cardamom, and vanilla in the second fondue pot. Trail kisses up his thighs and reach around and lightly scratch his buttocks with your nails as he blends slowly. When the chocolate is smooth, he'll stir in the Cognac and warm over low heat while you slowly stir your tongue around the tip of his cock.

It's getting hot in the kitchen. She'll let your cock go and you'll remove at least

one more piece of her clothing with your teeth. She'll assemble the fruit and pound cake on a platter as you dip your fingers in her honeypot. Tap gently on her clit and kiss her on the back of her neck as she arranges the morsels.

With the fondue fully melted and dessert ready to go, the two of you will return to your cuddle zone to enjoy.



## TIPS TO CROSS THE FINISH LINE: STAY DIRTY

Do as little clean-up as possible between courses—don't be afraid to pile dishes in the sink or even hide them in the unused oven and let them wait until morning. Nothing will kill the mood like the unsexy chore of donning rubber gloves, scraping food, and scrubbing away.

## THE LAST LAPS

### Orgasm Buffet

Ready for your next phase? Welcome to the orgasm buffet, where food can be used in place of your fingers or tongue. (Please note: For good hygiene, keep all food outside of her vagina.)

**Pound cake.** The pound cake should be the first bite that you dip in the chocolate and give to your lover. See if the both of you can taste all the flavor notes in the chocolate as they merge with the flavors of the cake. Take your time as you feast, and leisurely lick the chocolate from one another's fingers.

**Bananas.** Bananas are sexual because of their shape, and you can certainly share a sensual experience just by eating one. For the romantic couple, double dip a small banana in chocolate on both ends and meet each other in the middle for a great kiss.

Girls, tantalize him by showing him just what you want to do to his cock with that lucky banana. And for some truly voyeuristic fun, have your lover demonstrate how he likes to be sucked. (If he's a little shy, he may need another gelatine shot for this.)

**Strawberry fields forever.** Guys, hold a chocolate-dipped strawberry between your teeth so your partner can eat her way up to your lips. This creates a sort of seductive, come-and-get-it feeling to your play.

**Graped and grappled.** Take a frozen grape, but don't dip it in chocolate yet. Instead, guys, rub it around her nipples until they become erect, followed by your oh-so-hot mouth. Place the frozen grape between your lips and press it against her

pussy. Try to circle the grape around her clit without using your hands. Next, slide the grape up and down her clitoral shaft using your tongue. She can close her eyes to heighten the senses. Then dip that pussy-flavored grape in chocolate for the ultimate secret ingredient taste!

Now it's his turn to be graped and grappled. Give him the same nipple chill, then warm him up with your mouth. Put the grape in your lips, and roll it over his penis. Keeping the grape in your mouth, suck him in until you reach the base of his cock. Use your tongue to swirl the grape around his penis. Once you become used to the pattern, switch directions. Then push the grape between your lips and look at him as you rub it over the head of his cock. Remember, no hands. Try closing your eyes. Does it help you focus on how you move the grape?

This is also great in the 69 position—try a simultaneous grape-on-grape expedition!

**Cosmetic brushes.** Break out the brushes and dip them into the chocolate. Use them to paint a love message on your sweetie. The brushes feel soft and sensational on the skin. Your lover must guess the message and then you will lick it off. If the love message isn't clear enough, paint a trail that leads to all of your favorite spots!

**Your last meal.** When the two of you can't take it anymore, give in and kiss, slurp and suck like your lover is the best-tasting dessert you have ever had—all the way to orgasm—and be sure to lick the plate clean!





## **TIPS TO CROSS THE FINISH LINE: PLAY HIDE-AND-SEEK**

What a fun game, and oh-so naughty. Girls, close your eyes while he “hides” a piece of pound cake on his body. He’ll use the chocolate fruit to create trails anywhere on his body, and you must follow the trail using only your nose and mouth. When you’ve found the treasure, switch places.

Move 5

## GOING (AND COMING) OUT ON THE TOWN



Remember the pub crawls in college? The idea was that you would walk (or crawl) to have a drink at several different bars in a small radius, hoping sex would be part of your night. This three-hour Marathon Sex Night follows along similar lines, only now you have a bigger beer budget and you don't spend your energies hoping to have sex. You are having sex, and a whole lot of it.

## THE COURSE MAP

This Marathon Sex Night includes tension-building “stops” at local hot spots with ideas and techniques so fresh you will be coming around every corner. Note that not every stop will necessarily culminate in an orgasm for either or both of you

(and to keep him going all night, it's probably best that he forgoes his climax at the first couple of stops anyway), but rather, these playful quickies will build sensation and excitement to enjoy all night long.

No matter how dull you think your hometown or visiting city is, you will learn how to paint it sexy. Get ready: This is one night you'll never forget.

Just like when you tour a town and have a list of things you want to see, you must plan your time. Make every moment count! Plan for about an hour of fun at each stop (give or take a little spontaneity!). Coordinate the events of your evening together so that you are both in agreement about what risqué activities you are willing to try and where. Plus, just talking about your naughty date is great foreplay.

Here is your recommended itinerary:

- > Get your palate ready for a night of sex at **Stop #1: The Restaurant**, where you will enjoy a tasty sexual appetizer.
- > Get your oral fixations satisfied at **Stop #2: The Bar**.
- > Cut the rug and cut to the chase with penetration at **Stop #3: The Dance Club**.

## THE WARM-UP

### Stop #1: The Restaurant

Choose a table where you have some privacy, perhaps one tucked back into the corner, or one with low seats, or long tablecloths. Sit side by side to each other and begin to build the intimacy you'll enjoy throughout the evening.

Whisper in each other's ear, and talk about what you like, love, and lust about the other. Does your partner have amazing legs? Tell her so. Do you love his broad shoulders and sexy smile? Let him know. Complimenting each other will help you both feel confident and sexy.

Increase the intensity of your compliments and add in a little sex talk. Tell her that you aren't hungry for dinner, you're hungry for her. Tell him that you can't stop imagining what he'll feel like inside you and you're not sure you can wait another minute. Keep the conversation on sex throughout the entire meal.

Move in and kiss each other. Nibble each other's neck and ears. Stay connected and feel each other's increased arousal. Don't worry about what other people



think, this is your date night, not theirs, enjoy the naughtiness of a little public display of affection.

Teasingly, caress his penis through the fabric of his pants beneath the table, running your fingernails up and down the shaft as it hardens. Give the head a little squeeze with your palm.

Tantalize her by running your fingers along the hem of her skirt. Nudge her legs gently open and continue your wandering along the inside of her thighs and then just barely graze her labia.

Look into each other's eyes and imagine your own stimulation is coming from your partner's lips moving and gliding in all the right spots over your genitals. Just as you like it. Your imagination is a powerful aphrodisiac.

## **THE ART AND SKILL OF PUTTING YOUR HAND DOWN SOMEONE'S PANTS**

There is definitely an art to putting your hand down someone's pants. Too many hand jobs are ruined right at the start because the hands or fingers are squished and clumsily pressed against the most sensitive parts. There is just not enough room for the fingers to freely strum.

Guys, here is proper hand-down-the-pants technique for you to use on her:

- > Slide your fingers between the flesh of her belly and the waistband of her clothing.
- > Push your wrist out so it creates a gap or some space for the fingers to move.
- > Move slowly downward; when your middle finger moves past her mons and the upper part of the slit of her labia majora (lips), you will have found the commissure. Welcome to the pleasure dome! The commissure loves and craves direct pressure. This is a great place to take a moment and let her get wet.
- > Now push the back of your hand against her pants, creating enough room to slide your middle or index finger down, under, and then up into her vagina for lubrication.
- > After your finger has been moistened, slide back out and begin soft stimulation to the clitoris.



## **TIPS TO CROSS THE FINISH LINE: THE COMMISSURE**

The commissure is a fantastic initial point of contact for a down-the-pants move because it has fewer nerve endings than the ultra sensitive clitoral gland, doesn't require lubrication, and appreciates pressure.





## TIPS TO MEET THE FINISH LINE: DRESS FOR SUCCESS

For the evening to be successful, you'll need to choose your clothing wisely! She should wear a skirt with either no panties at all, or skimpy panties that can be easily moved to the side for easy access. He should wear roomy slacks or jeans with an easy zipper (no button up flies please!), and loose-fitting boxers, or if he's comfortable go commando, the less clothing in the way, the better.

## THE MARATHON

- > Keep in mind the best fingers for the task at hand: Use your longest middle finger for dipping into the vagina and touching the perineum; use the ring and index fingers for stroking along the sides of the clitoral shaft and the labia minoras (inner lips) and the thumb for rubbing the commissure and clitoris.

Meanwhile, ladies, here is an effective hand-down-the-pants technique for you to use on him:

- > Place the back of your hand between his pants and his waistband and push out to make room for your hand, wrist, and fingers to strum freely. If his erection is pointing down his leg, gently scoop his shaft in your hands and point it up toward his midsection, this is much more comfortable positioning for him.
- > Wrap your fingers around his cock and use the palm of your hand to stimulate the head as you move your hand slightly up and down. If he gets turned on enough that a small amount of cum emerges from his urethra, use his pre-cum as lube. If you're going with no lube, just use light touches and don't twist or pinch his skin.
- > Use your ring and pinky fingers to lightly grip his cock as you move your hand up and down or pulse around his shaft like a faux vagina. Use your middle finger, pointer finger, and thumb to stroke his balls.

Once you've teased and touched each other to high levels of arousal, zip back up and save your excitement for the next stop, the bar.

### Stop #2: The Bar

Choose a dimly lit, hole-in-the-wall bar that is somewhat trashy and, if possible, has a unisex bathroom. You know, the kind of place where they have likely seen it all before.

Go to the bar and order your drink. You can order club soda if you prefer, but you definitely want to get a lime. Squeeze the lime, rub it on your lover's neck, collar bone, or bosom, and then enjoy the flavor and lick the tangy juice from his or her skin. It's a show, so do it up!

All this teasing should have you really excited. Now head off to the bathroom for some extra naughty playtime. Enter the unisex, single-stall bathroom and lock the door. If there is no unisex bathroom, use the men's room, as men are less likely to have a line waiting for the stall. He should go in and scope it out to make sure there is no one in the bathroom, and once he's sure the coast is clear he can sneak her in. Choose the larger handicapped stall; usually they are large enough so that no one can see your feet from the outside.

## **LADIES FIRST**

- > Guys, once inside the stall, reach your hand inside her blouse, caress her breasts, and glide your fingers over her nipples. Sit on the toilet seat (if you are concerned, you can line the seat with toilet paper before you do) with her standing in front of you, and pull her skirt up around her waist.



## **TIPS TO CROSS THE FINISH LINE: DRINK IN MODERATION**

Alcohol is great for lowering inhibitions and therefore increasing arousal, but it can also desensitize and delay orgasm. You want to feel (and remember!) everything.



- > Be quiet! You don't want to alert the other bar patrons as to the naughty activities taking place in the bathroom.
- > Grab her hips and pull her so that her pussy is in your face. Use a flat, wet tongue lapping up from the bottom of her vulva to the top, and then still your tongue and press it against the nub of her clitoris and just hold it there. Notice that the absence of movement causes her to wiggle her hips and reach for your tongue. Make her want it.
- > At this stage, insert two (clean) fingers into her vagina and slide them in and out nice and slow as you lave her clitoral head with your tongue. For extra sensation, spread your two fingers into a V-shape as you penetrate.
- > Cover your teeth, take the whole clitoral head into your mouth, and gently suck it in. Simultaneously, use your forefinger and press it about 1 or 2 inches (2.5 to 5 cm) inside with your fingerpad against the roof of her vagina. Feel that patch of textured flesh? That's her G-spot. Make a come-hither motion with your finger, starting soft and gradually increasing pressure until you feel her bucking against your hand.
- > If you find a move that she responds particularly well to, don't stop! Keep going until she orgasms or she makes a decision to change course.
- > If at anytime she starts moaning or making noise, remind her to be quiet by clasping your free hand over her mouth. If someone comes into the bathroom, slow your movements down and be as quiet as possible. The possibility of getting caught will make the event that much more thrilling.

## **HIS TURN**

- > Ladies, now it's your turn to sit on the toilet seat and have him stand before you, pants down. Draw his cock into your mouth as far as you can and then slowly release it. Alternate the grip of his shaft and pump it with your hand while you stimulate his head with your tongue. Flick your tongue firmly against the ultra-sensitive frenulum (that little strip of flesh that connects the head to the shaft on the underside of his cock). Repeat.
- > Cup his balls with one hand, and raise them up higher and closer to his penis as you're sucking the head. Gently knead and massage his testicles with your fingers or release his head from your mouth and lap at them with your tongue.
- > When you feel a contraction (an orgasm is likely close), give his shaft a few pulsating squeezes with your fingers and palm to mimic the contractions of



your vagina as you rub a flat tongue along the head of his cock.



## **TIPS TO MEET THE FINISH LINE: EXERCISE YOUR PC MUSCLE**

Ladies, flexing and releasing your PC muscle as he penetrates you can help to give you more control and achieve orgasm more quickly, frequently, and with greater intensity. It's best to practice this move at home before your date night, and then apply it during your bathroom quickie as a way to better your chances of having an orgasm. However, remember that if you don't quite "get there" in this situation, it's okay. After all, it's the excitement of the journey that counts tonight!



- > When you're ready to make your exit, make sure there is no one in the bathroom first. Your man should slip out of the stall to scope it out, and once he's sure the coast is clear, he can call for you. Hurriedly make your exit. It's time to move on to the next refreshment stop in this sexy marathon!

Fast and furious adventures continue at the dance club. While you are walking hand and hand en route, (or enjoying some heavy petting in the back of the cab), talk about the experience. What was the hottest point of the bathroom session? What moves did you really enjoy? Describe them in detail to keep your imagination going and your body hot and ready for more. Don't worry if the cab driver overhears you, it's all part of the decadent fun.

### **Stop #3: The Dance Club**

The dance floor is a great place to enjoy some exciting flirtation and foreplay. Press close to each other and dance pelvis to pelvis and chest to chest. Take plenty of opportunities to kiss and nibble on each other's neck and lips. Turn her around and let her gyrate her butt against your crotch. This is a great way to elevate the sexual tension, which may have dipped a little on the journey from the restaurant.

- > Once you can't stand the teasing anymore, make your way to a dark corner in the club where there is relative privacy.

Here are a few "club friendly" sex positions.

**#1 Against the wall.** Ladies, stand with your back against the wall and your legs slightly spread. He stands in front of you, face to face, with his hands up against the wall on either side of you, and his legs bent or spread to adjust for height differences. Open the fly of his pants, lift up your skirt, and slide his cock into your pussy.

The secret to success here is to not break eye contact. If you do, it may be obvious to onlookers that you are having sex, especially if you throw your head back with your eyes closed and let the moment overtake your composure.

**#2 Over the ledge.** Guys, this works best over a railing in a stairwell, or perhaps on the top level of the club overlooking the dance floor. She leans against the railing with her legs slightly spread and her butt pushed out (but she shouldn't bend over too far or else onlookers will notice what's going on). You move in as close as possible behind her, pressing your cock against her. Wrap your hands around her waist, flip her skirt up just enough to penetrate, and move to the music.



## TIPS TO CROSS THE FINISH LINE: FINISH LATER

If he's the type of guy who takes time to ejaculate during oral sex, no worries, you don't have to finish him off quite yet! For some men, having more than one orgasm in a three hour time span isn't possible, or maybe even desirable.

Refractory periods vary, and his body needs to reset after ejaculating. Anyway, chances are you'll be distracted from your bathroom playtime as bar patrons come and go, so time is of the essence. Remember, this should be a quickie!



# THE LAST LAPS

**#3 Have a seat.** Ladies, he should sit comfortably in a booth or on a chair in a dimly lit corner of the club. Sit in his lap, facing away from him. Let the front of your skirt drape over your legs, and lift the back to give easy access. The key here is to have him penetrate, but to not move too much. Keep talking and laughing as you enjoy your naughty little secret. This is a great position to use those PC muscles to increase friction without moving your bodies and giving yourselves away to onlookers.

By this time in the evening, you should be pretty well practiced in not caring what others think. However, if you are getting caught up in looking silly on the dance floor, repeat after me, “I know no one in this city.” Or, “What is the worst that can happen from dancing?” How often has fear of embarrassment gotten in the way of you really living your life? Forget that! Get freedom now! When one or both of you do something out of your comfort zone, whether sexy or not, celebrate that. Years from now you will have glowing memories of your sexcapades.

Once again, don’t feel bad if one or both of you doesn’t reach orgasm. The best part of this type of Marathon Play is the excitement and intrigue surrounding the act. For some, this will be more than enough to send them flying into orgasm, while others may feel a little shy about coming in such a public situation. No matter, you can always finish this off at your last stop . . . home!

Chances are when you get home the excitement of the evening will still have its hold on you. It’s time for you to let loose and enjoy everything that’s wonderful about having sex in the privacy of your own home.

1. Get completely nude, no need to hide yourselves now!
2. Make a lot of noise—really get into it. Say things such as, “Oh I love it when you suck me like that baby.” Or, “Your cock feels so big!”
3. Take the time you weren’t able to take before to experience that final knock-out drag-out orgasm. This could only take a few minutes thanks to the three hours of delicious Marathon Sex Play you’ve just experienced. Get in your favorite positions and enjoy everything that you already know works for your body. You’ll find that the sensations of your usual moves are much more powerful tonight than they are on a normal night.
4. Once you’re sated, enjoy the afterglow. Snuggle completely nude and sticky for a



while and talk about everything that you've just experienced. Enjoy each other's company and drift to sleep, or maybe make pancakes and omelettes! You deserve it.

Congratulations—you've just experienced an amazing date night that you won't soon forget. Next time you visit that bar, club, or restaurant you'll be reminded of all the naughty things you once tried there, and perhaps be inspired to go for it again! A couple who plays together, stays together.



## RUNNING NOTES: SYNC YOUR BREATHING

Do whatever you need to do to get in the moment for sex. I often recommend that clients embrace and sync their breathing. Being in the present moment is a great way to manage your own arousal. Look into each other's eyes and lightly brush your lips together so they are barely touching, and then synchronize your breathing. It looks and feels like a kiss, but it is much more. You can feel a tremendous exchange of shared energy just from this one simple move—and best of all, you can reach for this kind of syncing and connecting anytime and anyplace, whether at home or in a dance club.

Move 6

# HOT SPOT PINBALL



It's hands only in this steamy Marathon Sex Session, where every one of your hot spots from A to Z (and certainly G and P) will be stimulated. The catch? No intercourse and no oral sex. Instead, get back in touch with each other by having orgasms using only your hands (and a little help from the best sex toys)!

## THE COURSE MAP

- > Discover the **Guidelines for Playing Hot Spot Pinball**.
- > Let your lover cast his or her **Vote for High-Scoring Strokes**.
- > Put theory into practice with **Bonus Round: Ultimate Intimacy**.

# THE WARM-UP

Do you remember playing pinball? You dropped a quarter in the slot, pulled the shooter, and watched your ball bounce from bank to bumper. Sometimes your ball would hit a jackpot, your points would skyrocket, and the lights and sounds would flash ecstatically. The more immersed you got, the more discoveries you made about the game.

This sexy Marathon Sex Session brings back those feelings of discovery; use these hands-on techniques to score high with your lover and experience your own body's skyrocketing sensations through sounds and bonus rounds.



## RUNNING NOTES: THE IMPORTANCE OF CONNECTION

In my practice, women often comment that they don't feel connected to their male partners. Touch is more satisfying when we are truly connected. How can you improve your connection with your partner? By being open to conversation, offering selfless touching (i.e. massages and foot rubs), and regularly letting her know just how much you care about her and what you appreciate about her.

In talking with, researching, and surveying women, I have found that the importance of trust is glaringly apparent. Many women cannot truly let go and fully enjoy sexual sensations without a strong sense of trust in their lover.





## **GUIDELINES FOR PLAYING HOT SPOT PINBALL**

### **PLAYER #1 (His Turn to Play; Her Turn to Come)**

1. Standing face to face, establish your connection to your lover with a nonsexual embrace. Sync your breathing with hers. Gradually deepen and expand your breath so she is following you. This simple embrace will help you become connected right away and build trust so she can relax and surrender to you.
2. Think about all the things you love and find sexually arousing about her. Let that energy come through your fingertips as you make love to her with your hands.
3. Look into her eyes, touch her face, and play with her hair. Once you've established a strong connection and you feel you've earned her trust, cover her eyes with a blindfold to heighten her other senses. She can use gestures, sounds, and whatever else she wants to communicate her arousal with you, but don't let her talk.
4. Massage her breasts and run a finger around each areola, beginning along the outer edge and spiraling in to the tip of her nipple. Feel her respond to your touch. Discover exactly how she likes her nipples to be stimulated. Is it a squeeze, pinch, flicker, rub, or caress? Does she have one nipple that is more

sensitive than the other?

- i. On your journey, pay close attention. Feel her muscles tighten, her chest rise and fall, and her body shiver. Listen to her moans and sighs. Smell her breath, her skin, and the sweet musk of her pussy.
- j. Move one hand over her mound and feel the heat coming off of it. You'll know she is excited when her pussy heats to your touch. The lights are going off and the points are climbing. But don't jump in yet; save the clitoris to savor later.
- k. Get down on your knees in front of her. Slide a finger down her abdomen to the point just below where her fleshy outer lips (labia majora) meet and above the clitoris. This is the commissure. This often-overlooked hot spot, is loaded with nerve fibers that lead to the clitoris, and it responds really well to direct pressure. Press your nondominant thumb over the commissure, slowly adding as much pressure as she desires.
- l. With your other hand, massage her labia majora. Gently pinch and roll the flesh between your thumb and forefingers. How is she responding? If she moans more, or wiggles, or presses her hips toward you, you'll know you're on the right track, so don't stop!
- m. Are you up for Hot Spot Pinball? You are going to need all hands, fingers, and more on deck.

Time to switch players.





## **PLAYER #2 (Her Turn to Play; His Turn to Come)**

1. Standing face to face, look into his eyes and think about all the things you love and find sexually arousing about him. Let that energy come through your fingertips as you make love to him with your hands.
2. Touch his face, play with his hair, and run your fingers over every part of his body, purposely leaving his penis for last. Slip on his blindfold.
3. Massage his shoulders. See how he responds when you gently glide your fingernails through his hair and down the nape of his neck.
4. Lightly brush your fingertips across his nipples to see how sensitive he is there; if he responds, gently tweak his nipples between your forefinger and thumb. Run your hands under his arms and lightly trail a fingernail across his shoulders.
5. Make your way down his body with your hands paying close attention to what turns him on. Run your hands down his back and grab his ass; swirl your fingertips around his lower back; lightly brush the palm of your hand over the area between his belly button and his genitals. Press your chest against his and feel his heart rate increase, his muscles tense, his penis and nipples become erect and engorged with blood.
6. Trace your fingernails down to his belly button and then farther down to his pubic bone. Very, very lightly trace your finger nails along his pubic bone. Slide even farther down and brush a finger over his balls, then cup them in your palm, move them gently back and forth in the palm of your hand, or give them a gentle tug downward.

Is he hard? Time to get ready for your marathon . . .



# THE MARATHON

## Vote for High-Scoring Strokes

### PLAYER #1 (His Turn to Play; Her Turn to Come)

Are you unsure which strokes give you the most points? If you want to win, ask her to vote for stroke A or stroke B as you experiment with the strokes outlined here.

**Stroke A: Friction.** Give her friction by rubbing the pad of your finger over the clitoral shaft, the introitus, and the labia (you're still avoiding the clitoral glans, which is the tip or head). Try rubbing with long strokes, then tight circles. See how she responds.

**Stroke B: No friction.** Use plenty of lubrication and, with the pad of your finger, press down (only as hard as she likes) on the clitoral shaft, the introitus, and the labia (avoiding the clitoral glans), to massage the tissue below the skin's surface. Don't rub or produce friction; just press and massage in a circular motion.

Have her vote for her favorite stroke. A or B?

**Stroke A: G-spot stroke.** Insert two fingers on your dominant hand about 2 inches (5 cm) inside her vagina; your fingerpads should be facing toward the front of her body. You'll feel an area of flesh that has more texture than the surrounding tissue; this is her G-spot. Make the come-hither motion with your fingers. Add slow, deep, constant pressure.

**Stroke B: The clit stroke.** Make sure your thumb is lubricated, place it directly on the nub of her clitoris, and then use light pressure to circle her clitoral glans. First, make tight circles close to the nub and then widen the circle to cover more of the clitoral territory, all the way up to her commissure. Then, tighten the circle back down to just the nub. Repeat.

Have her vote for her favorite stroke. A or B?

**Stroke A: The G-clit combo.** Combine the G-spot stroke with the clit stroke. Insert the two fingers of your dominant hand into her vagina and locate her G-spot, making the come-hither motion. At the same time, press your thumb onto the nub of her clitoris (use your other thumb if you need to) and begin to rotate it in circles with as much pressure as she likes.

**Stroke B: The Clit-anus combo.** Use one thumb to stroke her clitoris in the method described above. Press your other, well-lubricated thumb, against the entrance to her anus, mimic the circular motion you are lavishing on her clitoris.

Have her vote for her favorite stroke. A or B?

Congratulations! You found her winning strokes!

### **PLAYER #2 (Her Turn to Play; His Turn to Come)**

Are you unsure which strokes give you the most points? If you want to win, ask him to vote for stroke A or stroke B as you experiment with the strokes outlined here.

**Stroke A: Perineum play.** The perineum is that smooth stretch of skin between his balls and ass. The perineum responds well to pressure. With a firm finger, push and knead from the bottom of his scrotum to the top of his anus with the pads of your fingers, and then stroke your way back up.

**Stroke B: Work the shaft.** Wrap your lubricated hand around the shaft of his penis. Begin with a slow, basic stroke up and down from the base of the shaft all the way up to where it ends just beneath the head, and then stroke back down to the base. Gradually increase speed and pressure.

Have him vote for his favorite stroke. A or B?

**Stroke A: Ball play one.** Using just the tips of your well-lubricated fore and middle fingers, glide your fingers along the seam that runs between his testicles. Start at the point where it meets his perineum and glide all the way around to the base of his shaft. Reverse your stroke and return to your starting point. Repeat.

**Stroke B: Ball play two.** Cup his testicles in the palm of your hand and gently tug them downward in a milking motion. Alternate by pushing them up close to his penis and then tugging them downward again. Repeat.

Have him vote for his favorite stroke. A or B?

**Stroke A: Hang loose.** Using all five fingers and no lube, loosely grip his penis and give it a few gliding strokes from the base to just below his head and back. Then, bend at the wrist and give it a little twist as you go over the top and “palm” the head with a loose touch. Slide back down to the base and repeat.

**Stroke B: Squeeze and lube.** Using plenty of lube and five-finger coverage, move your hand up and down the shaft. As you stroke, squeeze and release your hand to mimic orgasmic contractions. Slip your palm over the head of his penis

and give it a gentle squeeze and then continue your stroke.

Have him vote for his favorite stroke. A or B?

Congratualtions! You found his winning strokes!



## TIPS TO CROSS THE FINISH LINE: VARIETY

You can add variety to any of these strokes by increasing (or decreasing) the pressure and speed of your stroke. Or try using your non-dominant hand, or approaching him from a different position or angle.







# THE LAST LAPS

## Bonus Round: Ultimate Intimacy

### **PLAYER #1 (His Turn to Play; Her Turn to Come)**

It's time to get ultra intimate by playing with what she may consider to be a forbidden zone: her anus. This round of pinball requires the addition of a fantastically stimulating sex toy: anal beads.

Once she's fully aroused from your other strokes, softly run a well-lubricated finger around the entrance to her anus. Approach her slowly, and gently insert your finger. This feels really nice, but may require some coaxing. Do not move your finger in and out as if you were nailing her, unless she asks you to. You can just leave it in there as a sort of a placeholder. Women don't have a prostate, so most of the good feelings come from pressure, narrowing the vaginal canal, and stimulating the nerve endings in the sphincter.

Once she has relaxed around your finger and is enjoying herself, slowly and gently insert the anal beads, one by one. Once the anal beads are inserted, move your attentions to her pussy. Using the winning moves you discovered before, stimulate her commissure, her clitoris, her labia, her nipples—whatever gets her hot.

Listen for her feedback. When you hear pinball positive reinforcement of moans and sighs, or when her body arches and gyrates in the throes of passion, stay with whatever it is that you are doing.

You can learn a lot by your partner's body language. For example, by her moans, by the way she moves her hips, arches her back, or digs into your skin. But if she actually tells you what to do, and how she likes it, that's even better. Never take her feedback as a personal attack on your performance or ego. In fact, encouraging feedback will only make you a better lover with her in the long run.



## TIPS TO CROSS THE FINISH LINE: APPROACHING ANAL PLAY

Not all women are comfortable with you playing with their bottoms. Anal play is surrounded by cultural taboo and religious or social shame, and some women just don't enjoy the feeling. Before you try this move, be sure to get her permission first. Ask her how she feels about anal play. If she's all for it, have fun! If she's hesitant, start slow with just a finger, instead of a set of anal beads, and find her boundaries from there. If she doesn't want to explore, that's okay. There are plenty of other amazing erogenous zones for you to enjoy together.

When you see her orgasm approaching (increase in breathing, tightening of muscles, sex flush, and perspiration), move your hand around to the anal beads and get ready. When she begins to have contractions, *slowly* remove the beads one by one as you maintain clitoral and G-spot stimulation. Hold her as you give her long caressing strokes and glide your fingernails over her mons. This is electrifying.

Keep it up until you see the lights, knocks, sirens, and flashes of a high-scoring orgasm. Congratulations! You have just earned a bonus round.

### **PLAYER #2 (Her Turn to Play, His Turn to Come)**

It's your turn to explore his hot spot with anal beads. Be sure you have his permission to play first. If this is his first time, start slow. You may want to forgo the beads and just use your finger for the first round and see how he responds.

First, softly run a well-lubricated finger around his sphincter. This feels really nice, but may require some coaxing. Approach him slowly and stroke his cock at the same time as you stimulate his anal opening. This will relax him.

Slowly and gently insert his own personal set of well-lubricated anal beads, all the while playing with his cock. Use the strokes that he liked the most from your last round. Listen for feedback.

You can learn a lot from how your partner's body reacts to your touch. For example, if he presses his bum into your finger as you begin your explorations, you'll know you're on the right track. If he moans, groans, grunts, or thrusts his

pelvis, you'll know you've got him. Closely pay attention to how your partner expresses arousal and learn to respond to it. If he tells you what to do, even better. Never take his feedback as a personal attack on your performance or ego. In fact, encouraging feedback will only make you a better lover with him in the long run.

When you see his orgasm approaching (increase in breathing, tightening of muscles, perspiration), move your hand around to the anal beads and get ready. When he begins to have orgasmic contractions, *slowly* remove the beads one by one as you continue to stroke his cock.

Keep it up until you see him go full tilt. Hug your hot spot pinball opponent. You are both winners!

Good job! After this intense game of hot spot pinball, you will have both learned a lot about each other. You'll have discovered each other's specific erogenous zones, learned the right strokes to get each other going, and grown more intimate by exploring the ultimate hot spot.



## **TIPS TO CROSS THE FINISH LANE: PLAYING WITH HIS BOTTOM**

Not all men are going to be excited by the thought of anal play on him. Some men may worry that it means they're gay or less masculine . . . or they may wonder if you think that of them. Before you surprise him with anal beads talk to him about his thoughts on anal sex. If it's a turn on for you, tell him so. Let him know that the stimulation of his prostate and of sensitive nerve networks surrounding the anus will feel amazing for him. If he's for it, have fun! If he's curious but hesitant, start slowly and see where his boundaries are. And if he's adamantly against it, let it go and play in ways that are more comfortable and exciting for him.

Move 7

# TEAM IN TRAINING



Improve your orgasm and get a workout in the same session with these sexy muscle-building moves and techniques designed for two.

This Marathon Sex Session outlines an “in-the-moment” workout that will improve your performance, give you a great workout, and let you have fantastic sex!

Turn your workout into an erotic role-playing session: Designate one of you as the personal trainer, while the other plays the client. Don't forget to wear your sexiest workout clothes (or, nothing at all!).

## THE COURSE MAP

> Intensify orgasm and increase endurance with the **Kegels Exercises**.

- > A sex workout is not complete without incorporating the **Glutes and Quads** for energetic thrusting.
- > Strong **Chest and Triceps** make for great penetration control.
- > **Strong Core Sexercises** are essential for overall body strength and will help with endurance.
- > You've worked on your brawn; now it's time to learn some **Sexercise Thrusts** for great technique.

## THE WARM-UP

### Kegel Exercises

Sure, you can do your Kegels (also known as pubococcygeus, or PC, exercises) at a red light, in the shower, or even at the gym. But what could be more fun than to practice them during sex play? Take advantage of the benefits of immediate feedback from your partner, longer sex play, and a more intense orgasm.

Not sure where the PC muscle is located? Find your PC by stopping and starting the flow of urine. The PC controls urine flow and contracts during orgasm. Both men and women have the muscle, and with exercise, it will become stronger, enhancing sexual pleasure and intensifying orgasm for both of you. With a strong PC muscle, she will be able to “grip” his penis, and even pull it in and out of her vagina. A stronger PC muscle in him will help him last longer, as well as have more control when he ejaculates.



## RUNNING NOTES: TESTOSTERONE AND SEX

Exercise raises testosterone levels in both men and women, and testosterone increases the sex drive. In short, the more time you spend pumping iron, the more time you'll both spend pumping each other, too.

### KEGELS FOR HER

Place his erect cock inside your pussy, in whatever position you desire. Contract your PC muscle 30 times at approximately one squeeze per second, inhaling gently as you tighten the muscles around your genitals (which includes the anus). Do three sets. The first time you do it, you will probably try to squeeze everything, including your thighs and butt muscles. Don't worry. With practice, you will isolate the PC muscle. Soon, if not immediately, he will feel a grip on the shaft of his penis. Ask him to describe how it feels, and, over time, as you practice and your PC muscle strengthens, how that feeling changes.

After you do your reps, but while his cock is still inside you, push out very slightly using your PC muscle. Ask your lover if he can feel the sensation on the head of his penis.

### KEGELS FOR HIM

In whatever sexual position you wish, place your erect cock into her vagina. Hold your body still as you rest inside her and move only your penis. You can try different positions to see if your PC contractions feel different to her.

Alternatively, you can rest your erect cock in her hand while you practice this move.

Contract the muscle 30 times (or until you tire) at approximately one squeeze per second, inhaling gently as you tighten the muscles around your genitals (which includes the anus). Do three sets. The first time you try it, you may try to squeeze everything, including your thighs and butt muscles, but over time you will learn to isolate the muscle.

Ask your lover if she can feel the pressure of your cock moving within her—it may even feel like a slight expansion to her. As you practice and become stronger, that sensation should become more and more pleasurable for her.



## TIPS TO MEET THE FINISH LINE: THE KEGEL COMBO

- > Start with a sequence of rapid contractions followed by long holds and *slight* push-outs.
- > Do Kegels in early arousal and notice how it brings the blood where it needs to go.
- > Practice Kegels in high arousal and notice how it helps inspire orgasm.
- > Do Kegels during orgasm, and notice how it intensifies the orgasm and (for men) helps control ejaculation.

## FUN WITH KEGELS

Here's a visually fun and exciting game for her: Lick him while he does his Kegels; you should be able to see the muscle lowering and raising his cock. To practice, have him stand up and place a washcloth (to add more weight, add water) over his penis. Get on your knees, stick out your tongue about an inch (2.5 cm) above his cock, and give him rewarding licks every time he fully extends! When he's had a full Kegel workout and he's exhausted, have him lie back and reward him with a sexy blow job.

## HOW TO PRACTICE CONTROLLING EJACULATION

Inhale deeply. Sit up straight, place your hand on your abdomen, and breathe in through your nose, filling your belly with air so it expands. On the exhalation, your abdomen should flatten as the air leaves your body. By controlling your breathing you can keep your heart rate, and thus your arousal, in check, because your heart rate naturally quickens as you near orgasm. Continue to control your breathing as you begin pleasuring yourself.

Pay attention to your sexual response cycle. Imagine that resting is at 0 and ejaculation is at 10. You want to stop sensation to your penis while you are in high arousal (at about an 8 or a 9, before the point of no return) and gently contract the PC muscle around your prostate.

When you've relaxed back to about a 7 on your personal arousal scale, resume pleasuring yourself, coming closer and closer to the point of no return with each



start and stop (8.2, 8.4, 8.6, 8.8, and so on into the 9s).

At 10, just as orgasm is about to overtake you, squeeze your PC muscles tightly. Ideally, you'll enjoy the contractions of orgasm in your prostate and sphincter without actually ejaculating. Once the orgasm passes, try building yourself back up to a 10 and see if you can experience a second. The first few times you try this, you may not actually hold back your ejaculate, but with practice, you will eventually succeed.

By learning to control your ejaculation, you'll be able to better match your sexual response cycle to that of your partner. You'll give her long lasting, intense pleasure, with the added bonus of being able to experience multiple orgasms for yourself.



## **TIPS TO CROSS THE FINISH LINE: EJACULATORY CONTROL**

Guys, the PC muscle surrounds your prostate, the gland that produces a large part of the fluid in semen. Conditioning the PC muscle offers greater ejaculatory control by teaching you to squeeze your prostate. With lots of practice, squeezing your prostate at the point of orgasm can allow you to enjoy orgasms without ejaculation. This eliminates your refractory period (you won't have to "reset" to keep going), which allows you to experience multiple orgasms, and gives you the energy and desire to play for as long as she wants you to.

## **THE MARATHON**

There is no doubt that exercise is good for your health and improves your overall quality of life. Instead of agonizing at the gym, running on a treadmill beside sweaty strangers, work out in your own home gym with your sweetie!

### **Glutes and Quads**

Glutes, or the gluteus muscles, are the three muscles in the buttocks. Quads, short for the Quadriceps muscle group, is the muscle group on the front of your upper leg above the knee. Building strong glutes will help when you're in the bottom position; strong quads let you raise and lower your pelvis off the bed, making for deeper, more synchronistic intercourse, and are helpful for on-top positions. Having strong glutes and quads may also make you look and feel sexier.

### **GLUTES AND QUADS FOR HER**

For all exercises, start with three sets of 20 to 25 reps and work up to more reps or more sets.

Have your lover lie on the floor on his back, while you squat onto his penis. He'll extend his arms toward you, so you can reach and hold on to him for balance. Keep your feet shoulder-width apart, with your toes facing forward. To avoid injury, keep your knees directly over your ankles. When working your glutes, the

majority of your weight should be on your heels. When working your quads, put the weight on the balls of your feet. Move slowly down on his cock (the slower the better). Don't sit, but you can hover before your rise. For extra depth, tilt your pelvis back. Repeat. Once you've built up your endurance, see how many reps it takes until one or both of you has an orgasm!

## **GLUTES AND QUADS FOR HIM**

She stands with her back against the wall and legs spread to adjust for height. To increase depth of penetration, she can wrap one of her legs around your waist. Face her with your feet shoulder-width apart, one hand holding the wall for balance, and the other hand on her waist. To work your glutes, keep your weight in your heels; to work your quads, keep your weight in the balls of your feet. To avoid injury, keep your knees directly over your ankles. Squat down until your thighs are at a 90° angle to the floor and then straighten to standing. Each time you straighten your legs insert your penis into her vagina. Repeat.



## **TIPS TO CROSS THE FINISH LINE: BUILD ENDURANCE**

Lying on his back with the women on top is a position that generally helps a man last longer.





## **GLUTES FOR BOTH OF YOU**

### **For Him**

Lie on your back with your arms extended toward your feet; your fingertips should just barely brush your heels. Lift your glutes into the air and squeeze and hold. Keep your weight in your feet and in your upper back. To avoid injury, keep your head and neck straight and avoid looking to either side.

### **Meanwhile for Her**

You straddle his hips in a standing position with your toes pointed slightly out, knees directly over your ankles. Slowly squat onto his erection. You may have to hold his penis with your hand to guide it into your pussy as you squat. Keep this up for as long as he can hold his position.

## **Chest and Triceps**

Strengthening the chest and triceps benefits both of you, because it gives whoever is on top the ability to hold him or herself up (and rest less weight on the person below).

## **HOVERING HOLDING PUSH-UP FOR HER**

Have him lie on his back on the floor. Get into the plank position with your legs open and positioned outside his, toes on the ground and palms on the floor by his shoulders or upper arms, adjusting for height differences. Your entire back body should be in one straight line, like a plank. Avoid the impulse to push your butt into the air.

You can build strength just from hovering over him. To sex it up, have him lick at your nipples or finger your clitoris as you hover. When you want penetration, lower down and slide your vagina back onto his penis. Then move forward and backward on his penis keeping as much of your weight off of him and on your arms and feet as possible. Contract the muscles of your chest, back, and core to keep your arms from fatiguing too soon. If this is still too hard, you can go to your knees, and/or rest your weight on your forearms instead of on your wrists, but continue to try and keep your back-line straight.

Continue with the sexercise until fatigued.



## **COBRA PUSH-UP FOR HIM**

Have your lover lie on her back on the floor beneath you. Put your hands and feet to either side of her body and hover over her in a plank or push-up position. Draw the torso forward until the shoulders are over your wrists and your whole body is in one straight line. Keeping your elbows by your sides, lower your upper body toward your lover.

As your face gets closer to her, bend your elbows and begin lifting your upper body and lowering the hips as you continue moving your torso forward into cobra; as you go, you will skim her chest with your upper body.

At this point, insert your cock into her pussy (she may need to help you with her hands), then lower your chest down and slide your body back and out in reverse, along the same path. Repeat the in and out movement, then come back to plank to prepare for the next cobra push-up.

This is a difficult move so you may only be able to do one repetition at first. Keep practicing to build up your strength and endurance, and see how many you can work up to!

## **Core Sexercises**

Strong abdominal and core muscles provide the strength and power to maintain a strong and controlled thrust. Strong thrusting can improve how sex feels for both partners.

## **STABILITY BALL**

Position the small of your back on the stability ball. Place your hands behind your head, contract your abs, and slowly raise your upper body until you feel a strong tension in your abdominal muscles. Return to the starting position and repeat.

## **Sex It Up for Her**

While you are raising and lowering, he can kneel between your legs and give your clit a sexy lick as a reward for each sit-up. Each time you lie back, he can trail his tongue up to your navel and then back to your clit as you come up.

## **Sex It Up for Him**

While you're raising and lowering, she can lick the tip of your cock as a reward for each sit-up. Each time you lie back, she can trail her tongue up to your navel and then back to your cock as you come up.







## **RUNNING NOTES: WORK YOUR ABS IN MISSIONARY POSITION**

The person on the bottom during sex can work his or her abs in a variety of ways including the following:

- > Lifting your legs up using the lower abdominal muscles. The lift can be of any degree, although the lower you hold your legs, the harder the workout.
- > Lift your pelvis, with feet together and knees wide, using the lower and upper abdominal muscles (you'll have to connect your feet around your lover).
- > Lift your upper body using the upper abdominal muscles. This looks and feels a lot like the traditional sit-up. Bonus points for holding the crunch long enough for your partner to suck on your nipples or give you a sensual kiss! It's very important to isolate and contract the abdominal muscles before and during the sit-up so as not to put strain on the lower back. To do this, imagine that you are sucking your belly button into the floor each time you contract.



# THE LAST LAPS

## Sexercise Thrusts

Practice these thrusting exercises one at a time, for a few minutes each, or vary your sex play and mix and match thrusting techniques. Whatever style suits you best, thrust your way to glorious orgasm!

**Shallow thrusts.** Ladies, with him on top as you lie on the floor, have him enter just 2 inches (5 cm) into your vagina, which may stimulate your G-spot (and will definitely stimulate the head of his cock!). To keep the thrust shallow, keep your legs extended flat on the floor, parted just slightly. He should put his knees on either side of your legs as he enters.

**Going long and deep.** Ladies, again, you're in Missionary—he's on top, moving his cock all the way in and all the way out, getting full coverage on the penis, from head to balls, and reaching deeply into your cervix zone. To get ultimate depth, raise your hips up by placing them on a pillow and open your legs wide like bunny ears.

**Long, deep, and thrusty.** Guys, you're on top, thrusting with full penetration and short thrusts (never coming out). When you're all the way inside her, rotate your hips, giving her cervix a sensual rub (if she enjoys that kind of thing). Have her put her legs over your shoulders for maximum effect.

**At an angle.** Guys, have her get on her knees and enter her from behind. Use shallow thrusts to the right, then shallow thrusts to the left, stimulating the sides of her vaginal canal and the crura (legs) of her clitoris, which extend down beneath her labia. You may just hit an excitable spot she didn't know she had!

**The grip.** Ladies, have him slowly retract his penis from a deep thrust while you clench and hold your PC muscles. Using only your PC muscles, try to hold his penis inside as he fights you to pull out. This works best if you lie on your back with your knees bent on either side of him, feet flat on the floor.

**At the gate.** Ladies, have him thrust shallowly at the entrance to your pussy, then build up to go deeper and deeper. Keep this mantra in mind: start shallow, finish deep. Try this move while sitting on the edge of your bed, or on a chair or counter with him standing between your legs.

**Slow and steady.** Guys, penetrate sloooooowly for one full, steady stroke so you

both feel *everything*. Pull out as slowly as you go in. This move works great with her on her back, legs extended flat on the bed and wide, while you support your weight on your forearms.

**The strike.** Guys, you're on top—kiss her deeply while you hover inside her, just an inch or two (2.5 to 5 cm) inside, without moving. After you've hovered long enough, surprise her with a powerful, deep thrust when she least expects it.

**Screw.** Ladies, to screw, both of you isolate your sacrum and move your hips in circles and half circles. Figure out a rhythm that works between you. This works great if he kneels or stands in front of you so he has full rotation of his hips, while you lie on your back. Lay your arms on either side of your body and press into them to lift your hips slightly so you too have full rotation.

**The Hoover.** Ladies, assume doggy style, and have him enter you with a full, strong thrust (which pushes all of the air out of your vagina), then follow it up with a series of shallow thrusts. He should not come all the way out so as not to break the suction. Repeat the process and keep vacuuming, which should be *very* pleasurable for you.

Remember to set aside plenty of time for your sexercise routine. You may find that over time your muscles will become stronger, your endurance will improve, and sex will be more satisfying, last longer, and produce more powerful orgasms for both of you.



Move 8

# HIGH-TECH NIGHT



This Marathon Sex Session will introduce you to the exciting world of sex toys, and tonight you'll use them to achieve angles and sensations not otherwise humanly possible. There are a lot of sex toys available on the market, toys made from all sorts of playful materials, designed to inspire all sorts of pleasurable sensations. Tonight you'll play with some of my top picks.

## THE COURSE MAP

- > Set the mood and visit the adult toy store together for some **Naughty Shopping Fun**.
- > Get slick for the Marathon Sex Session as you **Lube Up in Style**.
- > Rev your vibrating bullet engines with **Body Vibe Massage**.

- > Sport a cock ring and massage her service in **Going Hard, Long, and Deep**.
- > Bliss out in this full-coverage experience with **Toys for Your Favorite Spots (G and P)**.

## THE WARM-UP

### Naughty Shopping Fun

Properly set the mood by going shopping together. This won't be your boring trip to the grocery store or local mall—tonight, you're going to enjoy some naughty shopping fun at your local sex-toy store. Make sure you hold hands and peruse together; this is a fabulous opportunity to see what your partner might be interested in.

Guys, watch where your lover's eyes wander—she may be curious about things she's a little shy about telling you. Don't pull her toward something if she seems to be resistant; keep it playful. Whenever she investigates a toy, whisper in her ear about how you would like to use it on her or with her.



## TIPS TO CROSS THE FINISH LINE: CHOOSE YOUR ADULT STORE WISELY

Be sure to pick an adult toy store that is as classy and couple-friendly as possible. You definitely don't want to go to the sketchy hole-in-the-wall filled with bad porn and creepy patrons. Visiting a place like this could turn you both off, which is the exact opposite of what you want here.

If one or both of you are overly nervous about shopping at a store, feel free to shop online. There are a lot of quality online stores—you won't be able to touch and feel the toys, but the comfort of shopping from your own home may be worth it. (See Resources on [page 142](#).)

Ladies, there are few places where public displays of affection are okay, and your local sex toy shop is one of those places where you can cross the naughty line and likely get away with it. As you shop, run your fingers through his hair, nibble on his ear, and give him the occasional discrete crotch rub.

## THE NAUGHTY SHOPPING LIST

In addition to anything that looks like fun to the two of you, you'll need the following:

- > A high-quality lubricant, such as water-based lube or silicon-based lube
- > A vibrating egg, or small, bullet-shaped vibrator
- > Adjustable cock ring (preferably one with some vibrating capabilities)
- > A prostate massager (you can ask the staff for recommendations) or an Aneros Progasms P-Spot Stimulator (available online)
- > A Hitachi Magic Wand (optional)
- > A G-spot massager (optional)

The two of you will leave with a smile and a bag full of goodies, and don't forget to buy plenty of batteries!

## Lube Up in Style



It may not technically be a “toy,” but lubrication is very important to this Marathon Sex Date. There are different kinds of lubes on the market and they all differ depending on preference, but for the purposes of tonight’s sex date, choose a silicone lube. Silicone lubes are condom-friendly, long lasting, flavor and odor free, and good for hand jobs *and* anal play.

Please note that silicone-based lubes shouldn’t be used with silicone toys, so if you do purchase silicone toys, use a water-based, glycerin-free lube. You may have to reapply the water-based lube more often, but it’s worth it if you want to preserve your toys.

Make sure your toys are all out of the wrappers and clean. Lay them out on your freshly made bed or the night-stand—some place where they are easy to get to. It’s time to strip down; you can either start out in your favorite underwear and boxers, or au naturel—it’s up to you!

- > Ladies, standing face to face with him, apply a small drop of lube to the head of his penis. Make eye contact as you slide your hand down his shaft and lube his cock. Kiss his nipples and continue sliding the lube up and down the shaft; make sure he’s fully covered, from the base of his cock right where it meets his groin, to the tip of his head.
- > Guys, apply a small drop of lube to the pad of your pointer finger. Then massage up and down along the inner folds of her labia majora, over the commissure, up and down the clitoral shaft, and inside the vagina. If you need to apply a bit more to your fingertip as you go, don’t hesitate to do so. Wow!



## TIPS TO CROSS THE FINISH LINE: USE THE RIGHT GEAR

When purchasing silicone lube, make sure you read the ingredients and look for lube without glycerine or parabens. Glycerine is a type of sugar that can lead to yeast infections in women, and parabens are preservatives with a number of possible adverse health effects (including possibly causing cancer). One lube that fits the bill is Wet Naturals by Eros.

## THE MARATHON

### Body Vibe Massage

Vibration can provide an amazingly fast and light tickle; it can deliver a long, languid hum; or it can reverberate throughout the entire pelvic floor. Some people enjoy vibration so much that just the idea of a body vibe thrills and delights them to no end. Vibrating sex toys are very versatile, which is why they have such a special place in Marathon Sex Sessions!

Tonight you'll apply vibrations to every inch of your lover's body using five different frequencies.

In the world of sex toys, the frequency and quality of vibration matters. Everyone has his or her own personal preferences and tastes, so enjoy a vibration sampler and see what your lover likes as you explore every inch of his or her body, starting with the toes. That's right, the toes. Do a vibration donut massage, in which you massage the donut (body) and save the hole (genitals) for last. Let his or her mind wonder and anticipate—what would that feel like . . . “there?”

### HER VIBRATING MESSAGE

- > In this scenario, both the giver and the receiver are nude, allowing you to see each other's arousal. You might be surprised at how much pleasure and arousal your partner gets from giving!
- > Start at her toes and wrap your mouth around each toe, licking and lightly sucking.
- > Follow the licking and sucking with vibration, using your favorite bullet or

vibrating sex toy. The warm, wet tickle of your mouth is a fantastic way to wake up all her parts, and will provide nice contrast to the vibrations.

- > Lick and vibrate your way up her inner thigh—bypassing her clit and pussy for now—and head to her other erogenous zones.
- > Stimulate one nipple with the suction of your mouth and your tongue as you vibrate the other nipple.
- > Kiss her neck as you vibrate her other nipple.
- > Watch her arousal. Is she making sounds of pleasure, squirming, arching her back, or moving her pelvis?
- > Now that she's fully aroused, it's time to pay attention to her pussy. Slither your tongue down to her vulva and stop at her commissure. Begin by pressing your tongue here, and then introduce the vibe. Build your way through the five different speeds, starting with the lowest frequency of slow pulse.
- > Apply the same technique of using first your mouth, followed by building of vibrations, to her outer labia, her inner labia, down the clitoral shaft, and finish on her clitoral glans. Do not do more than a slow setting on the clitoral glans for now. Too much too soon can be overstimulating.



## **RUNNING NOTES: TOY CLEANUP**

For easy toy cleanup and less wear and tear on the cords (if your toy has cords), slip the bullet inside a condom whenever you want to insert it into her vagina or anus. Using a condom on your toys is also an excellent way to protect against the spreading of STIs.



- > Now it's time to vibrate her inner G-spot areas. The G-spot is about 2 inches (5 cm) inside on the upper wall of her vagina, the wall closest to her abdomen. Again, start with the slow pulse and build your way up to high vibration. When you find one that she likes, add more direct pressure to her G-spot.
- > Using a toy is a fun way to inspire multiple orgasms in women. If your lover comes from any of these moves—good! You can bring her to orgasm or leave her lingering in high arousal.

Now it's your turn!

### **HIS VIBRATING MESSAGE**

First, warm-up with the Body Vibe Massage. You're going to tease and tantalize your lover as he did for you. After you've licked, kissed, and vibrated your way up his body and back down, make your way to his main attraction.

Begin with his testicles. Use your mouth first and lightly trace your tongue up and around each of his balls. Then, open your mouth wide and take one into your mouth. Do the same to the other, or you can do both at the same time if you can fit them both in your mouth without causing him pain. Now put the bullet on its lowest setting and caress one of his testicles with it. Feel free to suckle the other. Increase the speed of the vibration, slowly making your way through the five settings. Make sure to pay attention to how he reacts as you layer the sensations. Switch to the other testicle.

Apply the same process to the perineum, which is a very sensitive, pleasure-bearing stretch of skin (it also externally stimulates the prostate). Then move to the shaft of his cock and finish with the head. Just as he did with your clit, only use the lowest settings of pulse and vibration on the head (you'll deliver more vibration here later on).



## RUNNING NOTES: BULLETS

Bullet vibrators are great because they are small but powerful and are easy to incorporate during sex play. My favorite is the five-speed bullet, which grooves you at five different speeds, from slow pulse to high vibration.

Ladies, here are some fun uses for the bullet:

- > Have a party in your own pants and use the bullet on your clitoris while sucking his cock or giving him a hand job.
- > Place the bullet in the lining of your underwear. Slide your panties to one side or the other and have him insert his penis into your vagina. The bullet on the side of your outer labia will provide yummy vibration for you and for him.
- > Cover the bullet in a condom and insert it into your anus while he fucks your pussy. (For this move, make sure the bullet has a cord so you can easily pull it out, you don't want the bullet getting stuck in your anus or rectum.)

## Going Hard, Long, and Deep

You're both naked, lubed, and vibrated—and feeling good. Now it's time to use a high-tech toy on him to help increase endurance, intensify pleasure, and make for a stronger erection so you both can go as long (and deep) as you want to. If you've never experimented with cock rings, now's the time.

Cock rings help intensify the experience for him and her for a variety of reasons.

- > Cock rings hold the blood in the shaft of the penis, making for harder erections.
- > If he chooses to pull the testicles through the cock ring, this helps to increase duration. Before ejaculation, the testicles usually rise toward the body, but the cock ring moves the testicles away from his body, helping to prolong the pleasure and keep the penis erect.
- > A vibrating cock ring usually has the perfect little bullet for pleasuring the

clitoris and the cock at the same time.

All of these things make for increased duration, more time for pleasurable buildup, and intensified climax.

### **PUTTING ON A COCK RING**

- > Depending on the type of cock ring, it is easiest to put it on when the penis is not fully erect.
- > For balls out, simply stretch the ring and place it on the base of the penis.
- > For balls in, slide his testicles through the ring one at a time and then fold the penis down, inserting the head of the penis through the ring (as if threading a needle). Hold on to the head of the penis and pull it through until the ring is up toward his body.
- > Adjust for comfort. (To remove the ring, push the soft penis back through the ring and “untuck” the testicles.)
- > If you do put the cock ring on when he’s hard (as might be the case in this marathon), simply slide the ring to the base of his shaft and leave the testicles out. You can try testicles in at a later time. If your cock ring is made of super stretchy material, you can also slide it over the cock first and then stretch it out and secure it behind his testicles. This won’t be possible with the metal or plastic rings.
- > Add a drop of lube to the cock ring when you put it on for easy fastening—you can also add a drop of lube afterward for easy removal.





## **TIPS TO CROSS THE FINISH LINE: CHOOSE THE RIGHT COCK RING**

Safety and comfort are most important when choosing a cock ring. There are many different types of rings, but the ones that have adjustments and can be removed instantly are the best, especially for beginners. Choose one that allows you to keep the cock ring on when soft (no slips) and remove it when it is hard (in the event that it needs to come off in a hurry). A hot pick is the Duet. It's made of 100-percent elastomer materials, which means it's super comfy and there is no latex, phthalates, or chemical smells. It has two motorized bullets: one for her pleasure and one for his. And, best of all, it's very affordable.

### **SUCK HIM HARD**

Once the cock ring is on, oh-so-gently glide your fingernails over his balls, wrap your lips around the head of his penis, and suck all the way down to the base. Repeat the sucking all the way up.

Twirl your tongue around the circumference of the head of his penis and give it a series of tongue laps as you look up at him.

Pay close attention. Oral sex actually requires deep concentration as you observe, listen, and feel your partner. Pay attention when he seems to really enjoy what you're doing, so you know what patterns and rhythms to use if and when you want him to climax. Also, look for signs of discomfort so you can make it more pleasurable.

Steadily bob your head about an inch (2.5 cm) up and down over the ridge of his cock as you tongue the frenulum and head.

Lube the penis with your saliva and trail your mouth movements with a few fingers (using your index finger and thumb curled together into a circle, as if to signal "okay," is usually a good choice).

Gently glide the fingertips of your free hand over his balls and anus.

Now that he's hard and long, it's time to move on to some deep penetration.



## **TIPS TO CROSS THE FINISH LINE: COCK RING SAFETY**

As a general safety rule, do not wear the cock ring for more than 30 minutes. Extended use or sporting a ring that is too tight can cut off circulation and cause permanent damage to penis tissue. Remove immediately if the penis becomes cold, becomes numb, or changes color.

## **STIMULATE HER CERVIX**

This is an optional segment in tonight's marathon. Your extra hard and long cock is primed to fill her completely, and you now have the opportunity to stimulate her cervix. However, many women don't enjoy the feeling of having their cervixes touched or bumped, and it can actually be painful for some. If you include this segment in tonight's play, make sure your lover is one who enjoys cervical bumping.

Have her lie on her back and bring her knees to her chest so her rear is lifted. You can use pillows if you want to bring her bum up even more. This position will help shorten the pathway to her cervix.

Get on your knees and lean over her so you are several inches above her. Insert your cock slowly. When you get to the end of the vagina, press your pelvis so as to get your cock as deep as possible. Try focusing the thrusting energy in your hips, rather than your whole body, so she gets all of your concentrated efforts.

Move your pelvis back and forth as if you were massaging her with your cock, all the while being conscious of maintaining contact between your pelvis and her clit.



## **RUNNING NOTES: TOYS FOR CERVICAL STIMULATION**

If you would rather use a toy for cervical stimulation, use a dildo of her preference. One option is California Exotics's Lia. The Lia is made of silicone and has ten glorious speeds of high-quality vibration. Another option for the couple who is more experienced with cervical stimulation is a glass wand with a long shaft and a slightly bent tip to explore the anterior and posterior fronix zones located around the cervix.





# THE LAST LAPS

## Toys for Your Favorite Spots (G and P)

After so much toy play, you're both ready to stimulate the G- and P-spots with some of the best sex toys available.

### THE "P-SPOT" OR THE PROSTATE

Ladies, practice consent, sensitivity, and good communication with your partner when doing any anal play with him. Prostate massages can bring about intense emotional feelings, which can make a P-spot massage a very special experience.

The prostate is located about an inch to two inches (2.5 to 5 cm) inside the anus, toward the front side of his body (just like your G-spot). If you were to touch it, it feels slightly harder and is about the size of a walnut. Massaging the prostate provides for an incredibly intense orgasm.

There are a variety of prostate massagers available at adult toy stores, and the staff should be knowledgeable enough to help you pick out a good one. You can also purchase the Aneros ProGasm P-Spot Stimulator or any of the other Aneros products. The ProGasm is unique because it massages the prostate from different locations and has a special kundalini tab that stimulates an acupuncture point at the base of the spine. The Aneros line was originally designed for medical purposes. However, now it is used by men for both pleasure and prostate health. An added bonus: The unique design of this toy allows it to stay in place during intercourse.

You can either have him lie on his back and spread his legs, or get on all fours for you (whichever he's more comfortable with). It's a good idea to warm him up with your finger or a very small dildo. Generously apply lubricant and go very slow. Press down at the pucker of the anus and slide your finger or the toy in, bit by bit. Use the same slow movements going in to his anus as you do coming out. He really should not feel any pain, only pressure (and hopefully pleasure).

When he seems ready for the P-spot massager of your choice, lube it up. When he's relaxed, the toy will easily slide in. Encourage him to flex and relax his sphincter muscles, which will adjust and move the toy in for you. You should both be able to tell when the toy is doing its job—it should feel amazing to him. If he's on his back, feel free to enhance the massage with your mouth on his cock; if he's on all fours, reach around and give him a little hand stroking. Continue to pleasure

him until he comes.





## **RUNNING NOTES: SEX TOYS AND ANAL PLAY SAFETY**

- > Always use lube for both comfort and safety. The anus does not lubricate naturally, and it can tear easily, which is not only painful but can also be a gateway for infection.
- > Always clean anal toys with antibacterial soap and water after use.
- > Never share anal toys.

If you're going to use a toy for both the vagina or anus, or switch it between partners, cover it with a fresh condom each time you switch.

## THE G-SPOT

You've already had some experience playing with her G-spot in other Marathon Sex Moves, but vibration can kick the pleasure up a notch.

There are two options for adding a toy with G-spot play. You can either purchase a toy at the adult toy store specifically made for G-spot stimulation (again, the staff should be able to make recommendations on this). Or, if your cock is still hard, you can fuck her while adding vibration to her clitoris.

For option 1, be sure to apply lube to the toy before you insert it. She can either lie on her back or get on all fours for you, whichever is most comfortable for her. Remember that the G-spot is only about 2 inches (5 cm) inside, on the front side of her vaginal wall. Rub and stroke her inside with the toy. You may also want to play with her clitoris or have her do so—the combination is sensational. Continue until she climaxes.

For option 2, position her on all fours and get on your knees behind her, holding her hips, preferably in front of a mirror so you can both be aroused by the connection and visual excitement of the act. This position is excellent for G-spot stimulation because it allows you to stroke your penis along the front side of her vaginal wall.

Invite additional pleasure by stimulating her clitoris. Every toy box should have a Hitachi Magic Wand, which is a plug-in vibrator that gives you consistent and high vibration you can count on every time. If she wants indirect stimulation, she can use the wand on her labia, pressing them over to cover her clitoris, or, for even less vibration, put the Magic Wand between a pillow and her clitoris. She can also use the bullet vibe to press her clit as she likes.

Slowly insert your cock into her vagina, using a firm grip on her hips, thrust in and out. You can kneel upright or rest on top of her and stimulate her nipples. Keep it up until she comes.

Congratulations! You just introduced a lot of fun toy play into your sex life, which will bring you both pleasure for many nights to come!



## **TIPS TO CROSS THE FINISH LINE: HOW SENSITIVE IS HER G-SPOT?**

Always ask your lover how she feels when you're stimulating her G-spot. Some women find this area very sensitive and derive great pleasure from it, while others will find the sensations too intense and perhaps painful. Still others may not have as many nerve endings in their G-areas. Asking her is your best bet in order to really give her some vibrating pleasure.



Move 9

# HOT HOTEL SEX



Get it on and get away from it all, even if it's just for an overnight. Food that you don't have to cook, towels that you don't have to wash, and neighbors that you will never see again. Rent a hotel room and go wild in every area of the room, including on the balcony. You can even leave the drapes open and enjoy a taste of exhibitionism—after all, someone *could* be watching.

Sometimes, it's important to get away from ourselves and our usual roles and become someone totally different—someone new, someone wild. Tonight, you are going to get wild with a new persona and a fresh approach to seduction and sex, while staying in the safety of your beloved's arms.

## THE COURSE MAP

- > Go to the bar and play out your personas, relentlessly flirting in **A Stranger Is Waiting**.
- > Feel the jets a-rubbing when you go **Holy Hot-Tubbing**.
- > Kiss your lover in a whole new way, in **Seal It with a Kiss**.
- > Someone's watching at the **Exhibitionist Party**.
- > Leave nothing to be desired with **The Wild Card**.
- > Call the hotel of your choice and schedule an overnight. For this Marathon Sex Session, you'll want a hotel that is more classy than trashy. This is a special occasion, so indulge a little. Here are some requirements for the hotel and room:
- > Make sure there is a bar in the hotel, or at least one within walking distance. You'll be meeting your "perfect stranger" at the bar that evening.
- > You'll want a hotel with a hot tub—preferably a public tub by the pool, but a large, jetted tub in your room will also work.
- > Get a room with robes, or bring your own.
- > Get a room with a balcony.

## THE WARM-UP

### A Stranger Is Waiting

When was the last time you flirted with your lover? For most of us, flirting only happens during courtship, and before you know it, you've got your lover where you want him or her and there is really no need to flirt. But flirting *is* a part of sex, and a very fun part at that. If you're not flirting, you are missing out. So get your flirt on and flirt in a tried and true or brand new way. Here are some ideas:

**Eye contact.** Ladies, make eye contact and hold it for at least six seconds. Once you make eye contact, imagine that you are inviting him in with your eyes. Notice your own body and how the sight of your lover still makes your heart race.

**Open your body posture in her direction.** Gentlemen, uncross your arms and legs and open your body so you look approachable. Women, are you wearing panties? Be daring! What can you do to show that you are really available?

**Be happy and smile.** Show your happiness and approachability by smiling.

Smiling may be the single best sign to another person that you are interested. What kind of smile does your new persona have? Is she more daring than you are? Is he more charming than your usual self?

**Touch yourself.** When we like someone, we primp. Men, run your fingers through your hair, or along the strong line of your jaw. Women, flip your hair over your shoulders, or draw his attention to your smoothly shaven legs by sliding your fingers along your thighs. Flirtatiously touch yourself where you like to be touched.

**Mirror, mirror.** We naturally mirror people we like. Send your lover signals that you are interested by mirroring or following his or her lead. If she tilts her head, tilt yours. If he leans in, you lean in too. Will your persona lead or follow?



## TIPS TO CROSS THE FINISH LINE: DRESS TO IMPRESS

You and your lover are setting the stage for a little role playing as strangers. Make it even more fun by changing up your wardrobe. Ladies, if he's always told you he'd love to see you in a short skirt, it's time to wear one now. Add to the stranger appeal by wearing a wig, extra makeup, and false eyelashes. Men, dress in a dapper suit, nice shoes, get a fresh haircut, and turn on the charm as the sexiest man at the bar. Lucky you two get to take each other home tonight!

Add some exciting role play to make the stranger scenario sizzle. Guys, tell her that you're in town on business, and that the woman in this town are beautiful, but she is by far the sexiest woman you've seen yet. Describe in detail what you find sexy about her. Don't refrain from looking at her cleavage or her legs. Ladies, coquettishly suggest that you are in a relationship but have become bored and are looking for some no-strings attached action. Touch his arm and ask if he works out. Tell him you think he has a sexy smile, gorgeous eyes, and a great ass.

Make your conversation about sex. Get into great detail about what you like in the bedroom. This is the time to lay a few fun new desires out on the table. Be bold. If your persona has a kink for bare bottom spanks, tell the stranger that's what you are looking for. If you've always wanted to have your toes sucked, now's the time to make the request.

Now it's on to the hot tub! Ask for your drink in a to-go cup (no glass by hot tubs), and get ready for the next level of seduction.

## THE MARATHON

### Holy Hot-Tubbing

Give a sexy toast. Cheers to hot hotel sex. Cheers to sex with a stranger. Cheers to sex in the hot tub. Cheers to . . . you get the idea.

Turn on the bubbles. Bubbles make the water cloudy, so if you're in a public area, a passerby won't be able to see what's going on beneath the water.



Let the warm water soothe and relax you. What is the point of water jets if you don't use them? Jetting is like having an extra set of anonymous hands massaging you in the tub. Lean in and position yourself so they're aligned to please all your most sensitive parts. Get yourself highly aroused with kissing, stroking, and jetting.

When you are ready for more, position yourselves so he is sitting on the hot tub seat with his legs slightly spread. You sit on his lap and straddle him, facing him. He leans back with his arms holding on to your waist or stretched out and resting on the rim of the hot tub.

From this position you can go for an outercourse orgasm. Lean in and rub your breasts against his chest and your clit against the shaft of his penis. Maintain eye contact and good communication.



## **RUNNING NOTES: SAFE HOT-TUBBING**

When hot-tubbing, use the same sexual health practices you would outside of water, including birth control, protection against sexually transmitted infections, and lubrication. You may want to use a silicone-based lubricant, because most of your natural lubrication will be washed away. Without the lubrication, you are more susceptible to tiny cuts and tears, which are the gateway for infection, especially in a hot tub. Also, when jetting, never position the jets so they are spraying water into any orifice of your body, or you will risk an infection.



Whisper in each other's ears. Say something exciting such as, "You give it to me so much better than my husband does." Or, "Your body is so hot—I can't believe I'm getting a woman like you tonight." Maybe there are people watching from their hotel room—are they liking the show? If you enjoy this, let it turn you on!

Ladies, when you are ready for penetration, pull your bathing suit bottoms aside and pull his penis out of his shorts.

Move in close and take your time lowering yourself onto his cock, holding on to the rim of the hot tub or his shoulders for support.

Close your eyes for a moment and feel the sensations on all the right spots. Let your feelings show on your face for him to see.

Once you get this far, you might find that the temperature of the tub, your bodies, and the situation has become too hot to handle. It's time to towel off and continue your fun in the hotel room.

## **Seal It with a Kiss**

Keep the excitement going in the elevator by enjoying a passionate kiss to seal the deal (after all, the deal is not made until you seal it with a kiss).

If you want to make a kiss special, work on your intention and everything else will follow. Here are a few ideas:

- > Kiss like you are kissing with your whole being.
- > Kiss like it was your last kiss.
- > Kiss like it was your last minute of life.
- > Kiss like there is nothing else that matters at this point in time.
- > Kiss with love.
- > Kiss with lust.



## TIPS TO CROSS THE FINISH LINE: HOT TUB SEX

The hot tub is great because the water helps support body weight, which allows for some extra acrobatic positions.

- > Tub doggy: She stretches her body long across the water, on her stomach, her legs spread in a V shape, and grips the edge of the hot tub with her hands. You stand, kneel, or squat (depending on depth of tub) behind her and enter her from behind, gripping her hips to help you thrust.
- > The carry: In the center, deeper part of the tub, she floats in a sitting position, and wraps her legs around your waist and arms around your back. You hold her close, kneel, squat, or stand (depending on depth of tub), and penetrate her while she bounces weightlessly on your cock.
- > The float: She floats on her back, and you kneel, squat, or stand before her and support her legs against your chest or over your shoulders. While she floats weightlessly, you make a big splash as you penetrate her, using her legs as leverage.

- > Kiss with care.
- > Kiss with fresh eyes, like you are kissing someone new.
- > Kiss your stranger.

P.S. Practicing this intention works on the genitals, too!



## **Exhibitionist Party**

As your new personas, enter the room and peel your wet clothes off. Turn on the lights and open the thicker window shade (the one used to completely block the window), but leave the thin curtains drawn. If you enjoy a little exhibition, this will create a sexy silhouette effect for onlookers without giving them all the details.

## **AMBISEXTRIOUS**

Ladies, start by teasing your lover with an ambisextrous handjob. Stroking with your non-dominant hand lends a whole new feel to the experience for the both of you. This adds to the illusion that you are a sexy stranger teasing his cock.

**Ginger gloves.** You probably know the way to touch him so he goes into high arousal immediately. Forget all that for a moment, and use your fingertips to touch him with extra softness. Touch him so softly that it tickles you to touch him. Lightly trace your fingernails along his shaft, his pubic bone, and his balls.

**Ridging.** Gently glide a finger over the head until you have pre-cum on your finger (or use lube) and stroke the ridge of his head with your fingertips. Go both clockwise and counterclockwise around the head.

**Faux vagina.** Loosely grip a well-lubed hand around his cock. Imagine it's your vagina as you move it up and down. For authenticity, give it a few pulses as if to simulate the contractions of orgasm.

Get close to your stranger, skin to skin, and look into his eyes—seek out the pleasure in his face.

## **ORAL FOR HER**

Get down on your knees and look up at her. Put your hands on her rear and your face in her pussy. Ever-so-gently glide your tongue up her thighs, giving her a seductive tease.

Put saliva on your finger and smooth it over the pucker of her asshole. Without penetrating, tickle and press the outside of her anus while you lick at her pussy.

Move your nose over her clit and in between her folds. Let her see you inhaling the scent of her pussy.

Use your tongue to trace her labia and the base of her clitoris with soft, slow movements so she can feel every sensation.

With a firm, flat tongue, cover the inside of her labia so she can feel the texture

and firmness of your tongue. Run the same firm tongue up and down the commissure, avoiding the clitoral glans.





## **TIPS TO CROSS THE FINISH LINE: ASSUME THE NECESSARY POSITION**

It may be difficult for your lover to orgasm while standing up, so if at any time she needs to sit down in a chair, on the bed, or lie back—by all means, encourage her to do so.

Start circling her clitoris with your tongue as if circling your prey. Enjoy the seductive and teasing dance, knowing that you will get to her clit eventually; until then, both of you can enjoy the anticipation.

Lick her until she begins to grind into your face, grab at your hair, moans and cries, or shows other hints of high arousal. Finally, take the head of her clitoris and firmly suck it in between your lips like you would a nipple. At the same time, thrust two fingers from your free hand into her vagina, while simultaneously penetrating her asshole with the very tip of your teasing finger. Penetrate and suck to her heart's content.

Time for a switch.

### **ORAL FOR HIM**

Get down on your knees and open your hands. Place them, palms up, side by side and touching. Cup his penis in them so that it appears to be lying regally atop your hands.

Slowly lick and kiss your way up the shaft. Make little sucking kisses in unexpected places, such as on the frenulum.

Grasp the shaft and take the head into your mouth. While continuing to suck, take more and more of his penis into your mouth so that you are sucking as much of the shaft in as is comfortable.

Make frequent and intense eye contact with him as you combine sucking his head and stroking the shaft up and down.

When he starts bucking, grabbing your hair, or making other obvious signs of arousal, bring him to the brink of orgasm by using your free hand to push his balls up toward his body, while extending a finger to stroke and pet his perineum. Keep

the pace of your sucking and shaft-stroking.

If he has a short refractory period and can orgasm without having to wait for too long to get hard again, you can bring him to orgasm now. If you want to save his climax for later, stop when he's in high arousal. It's time for some fun on the balcony.

## **SEX ON THE BALCONY**

Put on the hotel robes and bring a chair outside.

Guys, first she'll lean over the balcony, while you lift her robe in back and penetrate her from behind. Reach inside the open front of the robe and touch her nipples and stroke her clitoris. Watching unsuspecting people pass by can make this extra stimulating.

Ladies, have your stranger sit on the chair with his legs together, while you straddle him, facing him. Slowly descend onto his cock. Lift your feet off the ground. Grind against him and enjoy full penetration.

Alternatively, face away from him. He'll spread his legs slightly and you'll keep your thighs closer together as you sit back on his cock. Use the power of your thighs to help you bounce up and down on his penis. He can assist by holding your hips and lifting them up and down.

You've held out this far. It's time to play your wild card and set your persona free.



## TIPS TO CROSS THE FINISH LINE: BJ ENDURANCE

Ladies, part of any great BJ is about maintaining endurance. This is particularly true on a Marathon Sex Night. Switch it up so you don't overuse any one set of muscles. For example, if you find that your neck is getting tired, get on your hands and knees and use your upper body to bob your head up and down, or ask him to take over by thrusting into your relaxed mouth for a while.





# THE LAST LAPS

## The Wild Card

Play your wild card. This is exactly as the name suggests—it's wild. Wild in fantasy and bold in behavior.

Put the filter away for a moment and feel what your persona would feel; let go in the trusted arms of your lover. Freedom awaits you on the other side.

Ask yourself, "What wild sexual activity would I like to do with my partner now?" When that answer comes to you, ask for it.

Wild Card Ideas:

- > **Anal sex.** Ask your sexy stranger to penetrate you with finger, toy, or penis.
- > **Spanking.** Ask him to bend over your lap while you deliver a much deserved spanking.
- > **Bondage.** Ask your sexy stranger to tie you to the bed using the belts of your hotel robes.
- > **Blindfold.** Ask your sexy stranger to blindfold you with a pillowcase and give you oral sex.
- > **Foot suck.** Ask him to suck on your toes.
- > **A new position.** Ask him to try a new sex position with you, maybe Reverse Cowgirl, standing against the wall, or bent over the bathroom counter.
- > **Videos.** Ask your sexy stranger to let you video, or take pictures of whatever naughty activity you desire.

The idea is to let go and let your personas take over the talking, while you and your lover get to do the playing.

Now that you've explored your lover from the eyes of a stranger, hold on to that feeling. It's important to keep your relationship fresh, exciting, and flirty. If you ever find yourself forgetting what it is that excites you about your partner again in the future, make another date to play with your sexy stranger.

Move 10

# KAMA SUTRA NIGHT



The Kama Sutra was written by Vatsyayana around 4 CE and translated into English in 1883 by Sir Richard F. Burton. You may know the Kama Sutra for its intriguing and sometimes wild positions, but much of the book is also about making and keeping things lusty. Tonight, you and your lover will make mouth music, practice some ancient Indian sex positions, and put these sexy, time-tested philosophies in motion with a modern-day twist.

## THE COURSE MAP

- > Learn the **Art of Getting** It On the way they did it two thousand years ago.
- > Know he loves you so, because **It's in His Kiss** (Shoop Shoop).
- > Move into hot lusty love play with **Twining of the Creeper**.

- > Hit the high and low pitches as you make sweet **Mouth Music**.
- > End the evening in the **Kama Sutra Positions** of the Crab, Congress of the Cow, and Pair of Tongs.

In the Kama Sutra, lust is essential to the bigger picture of love and attachment. In Western culture, we tend to think that the lust isn't "real" because it fades, but the truth is that lust is critical to developing attachment, or what many call real love. Lust is also an important element to keep alive in any relationship. Tonight, focus on lust as you prepare your sexy environment for getting it on.

## THE WARM-UP

### Art of Getting It On

*"In the pleasure room, decorated with flowers and fragrant with perfumes, the citizen should receive the woman who will come bathed and dressed, and will invite her to take refreshment and drink freely . . . he should gently embrace her . . . They should then carry on amusing conversation and may also suggest of things that would be considered as coarse or not to be mentioned generally in society [sex]. Then they may sing . . . and play on musical instruments, talk about the arts and persuade each other to drink. Such is the beginning to sexual congress."*

#### Chapter 5, *How to Begin Sexual Congress*

Everyone needs a room solely dedicated to pleasure. So tonight you'll create one, even if it's only for the next few hours. Clean up the office or home gym and turn it into the hot and lusty sex room. If you have only the bedroom as an option, push the bed to the side against the wall. Lay a sheet or silky blanket down on the floor and toss a few pillows around. (The floor is stable and an ideal place to get your Kama Sutra on; the bed may be the single worst place to make love—at least Kama Sutra style—because we are conditioned to sleep there.)

Prepare fixings for a mini happy hour of snacks and drink on a serving tray and place it on the floor. Arrange freshly cut flowers, turn off the lights, and line the room with candles for an instantly sexy sex room.

Begin the night nice and clean. Apply your favorite fragrance and dress in your best. Top it all off with your sexiest attitude. As you greet your lover, make eye contact, flirt, touch, and talk about light and positive things. Move into



conversation centered around what you find attractive about the other—tell your lover what you “lust” about him or her the most. Share nibbles of the food you’ve prepared, and enjoy the libations. Talk about things you wouldn’t share in public, such as the quality of your erection or how wet between the legs you are for your lover.

Then get ready for the kiss.

## THE MARATHON

### It’s in His Kiss

The Kama Sutra describes eight types of kissing, and you’ll want to try each one tonight. Keep things fresh by trying the different types of kisses on different body parts. Feel free to kiss your lover’s forehead, cheeks, ears, eyes, lips, chin, feet, neck, nipples, fingers, penis, clitoris, belly button, thighs, armpit, or any other area of your choosing!

1. *Nimitaka* (Sanskrit, translating roughly to “nominal kiss”). He’ll start small and give your lips a little *Nimitaka* by kissing them lightly, with virtually no force.
2. *Sphuritaka* (“spirited kiss”). You, in turn, press against his lips and occasionally touch his cheeks for spirited *Sphuritaka* kissing.
3. *Aakrishta* (“attraction”). He’ll move into *Aakrishta*, the simultaneously pressing of your upper and lower lips. Holding your face in his hands, he’ll kiss your lips without your teeth touching.
4. *Avapeeditha* (“pressed”). Meet his *Aakrishta* with a lip press and raise the stakes with the *Avapeeditha* kiss, or sucking his lips.
5. *Ghaditaka* (“rubbing kiss”). The passion is rising. Rub your tongue onto his, make a hissing sound, and block his eyes with your hand. This is called *Ghaditaka*.
6. *Samachumbana* (“equal kiss”). He’ll match your kiss, then top it with more passion.
7. *Tiryak* (“slant”). Things are getting hotter with *Tiryak*—he’ll support one side of your head with one slanted hand, kiss your lips, and use his other hand to caress your breasts. You, in turn, caress his penis.
8. *Udbhranta* (“reverse”). He’ll look at you and hold your gaze, then moves

around to embrace you from behind. He'll rub his penis against your ass, teasing you with the suggestion of entering from behind, but instead, he'll take your chin and turn your head for *Udbhranta* kissing.

## **Twining of the Creeper**

Ready for your next move? Continue the dance of flirtation and seduction with this modified move called Twining of the Creeper. The idea is that the woman wraps herself around the man like twines creeping around a tree.

1. Ladies, push him against the wall. Look him in the eye, give him a wink, and strip your blouse off in one, fluid motion.
2. Hold his shoulders for balance and gently spread or bend his legs to account for the height difference. Wrap (twine) one of your legs around him.
3. He'll grab your leg and look into your eyes, waiting . . .
4. Like the twining of your leg, creep your tongue into his mouth and give him an erotic French kiss.
5. He'll kiss back more lustfully, then bite your neck and the flesh of your bosom.
6. Drop to your knees and pull his pants from him. Twine your tongue around his cock. Suck on the tip of his penis, twining to the left and to the right.
7. Creep your hands up his inner thighs, lightly dragging your fingernails up to his balls.



## TIPS TO CROSS THE FINISH LINE: FLIRTATION

In the Kama Sutra, flirtation involves advance and retreat. Men, you gaze into her eyes and she looks away. You takes her hand, she withdraws it, and so on.



## **Mouth Music**

The Kama Sutra describes oral sex as oral congress, or mouth music. Thousands of years ago, this little ditty was performed by eunuchs, not women; thankfully (for both you and him), in modern times you can follow their lead!

Stay positioned on your knees and hum your own tune, as follows:

### **NOMINAL CONGRESS (ORAL SEX FOR HIM)**

- > Make eye contact.
- > With one hand, touch his balls.
- > With the other hand, take his penis and put it on your lips for a gentle sucking kiss.
- > Place his penis in your mouth.
- > Move your flat tongue around so his cock gets full coverage; sweep your tongue against every millimeter from the base to the head.
- > Relax the back of your throat and let his cock hit it. Glide your mouth over his cock as if he were fucking your tonsils. If this is uncomfortable for you, the next move (The Press) will be another way to make him feel like his cock is hitting the back of your throat (something that, in general, men seem to enjoy).

### **THE PRESS (FOR HIM)**

- > With his penis between your lips, press and flatten your tongue to the roof of your mouth.
- > Bob your head up and down, taking his penis into your mouth as far back as you can go—his cock will slide tightly between the roof of your mouth and your pressing tongue.
- > This technique is called Tonsil Tickler, because pressing the back part of your tongue to the roof of your mouth gives him the feeling of penetrating really deep and hitting the back of your throat for a tonsil tickler.

Ready to swap? Now it's her turn!

### **THE NOMINAL CONGRESS (ORAL SEX FOR HER)**

- > Lean her up against the wall, and go down on your knees into a subservient position.

- > Spread her legs; you are in control again.
- > Reach both hands over her ass cheeks and pull her mound in close to your face.
- > Tell her to spread her legs more as you move her legs outward.
- > Breathe a warm breath on her mound and oh-so-lightly touch the tip of your tongue to the glans of her clitoris.
- > With the same, slight contact, feather her clitoris back and forth, and up and down, with the tip of your tongue.
- > Lick her from the bottom of her slit to the top. In some women, the clitoris enlarges and visibly protrudes past the labia majora.
- > Spread her labia and gently rub a tongue over her urethra. The urethra, also known as the U-Spot is the small opening directly below her clitoris, and is a source of pleasure for some women.
- > Make contact with her clitoris again, lightly sucking. Lightly twirl a tongue around and around over her entire clitoris.
- > When you lick up, gently lift her clitoral hood to touch her clitoral glans.
- > Bring her to orgasm or get ready for your next set of moves.



## **Kama Sutra Positions**

These positions described in the Kama Sutra are sure to bring you both to the edge and beyond!

### **THE CRAB (HE LEADS)**

1. Have her lie on her back with knees bent and legs drawn to her stomach.
2. Position yourself on your knees planted on the outsides of her body, and lean forward to thrust.
3. This position is highly pleasurable for you because the vaginal muscles wrap around the penis. It can be pleasurable for her as well because she will feel extra friction as her vaginal walls clench tightly around your cock. For variation, she can position her feet over your shoulders, or to one side (right or left).

Ready for a change in position? Stand up and help her to her feet, then turn her around for a backdoor adventure!

### **CONGRESS OF THE COW**

1. Ladies, you'll stand with your legs slightly spread and knees bent slightly for comfort.
2. Bend over and touch the floor for support. (If you're not flexible enough to reach the floor, feel free to use a small foot stool, or even a yoga block.)
3. He'll stand behind you and enter from behind.
4. For a snugger fit, press your legs together. From this position, you can give his cock a nice massage by shifting your weight: Bend one leg while straightening the other, then reverse.

Is he close to coming? This is a great time to switch to Pair of Tongs, a very erotic, but less intense move for him.





## RUNNING NOTES: SANSKRIT TRANSLATIONS

*Kama* is the classical Sanskrit word for the enjoyment of the five physical senses: hearing, feeling, seeing, tasting, and smelling. *Sutra* is literally translated as “a thread that holds things together,” but metaphorically it means “a collection of truisms forming a textbook of wisdom.” Thus, *Kama Sutra* can be approximately translated as “collection of sensual wisdom.”



# THE LAST LAPS

## PAIR OF TONGS

1. Guys, lie flat on your back.
2. She'll climb on top of you, with her legs straddling your hips.
3. Have her lean in close, looking into your eyes and touching your face.
4. Have her go slow at first, moving up and down on your cock. Using her PC muscles, she'll contract and use her vagina like a pair of tongs on your penis. As she lifts up, have her contract her PC muscles. (Get ready for her to draw your orgasm out of you!)
5. For variation, she can turn around and do the same thing in Reverse Cowgirl.
6. Have her lift and lower to the depth and speed she likes, all the while contracting her PC muscles on the up-thrust and lowering herself onto you. Encourage her to stimulate her G-spot, cervix, or both. Contract and release. Contract and release.
7. Finish the Kama Sutra marathon in whichever positions you both enjoyed the most and that will bring you both to climax. If you orgasm during Pair of Tongs, but you know she'll climax with a little Nominal Congress—by all means, pleasure her first and then move on to your favorite position for climax.

Now you know how to make love, Kama Sutra style. When-ever the two of you need a little injection of lust, feel free to recreate the pleasure room and revisit the fire-inducing flirtation, kissing, mouth music, and positions you learned tonight.



Move 11

# GOT KINK?



Turn off the TV and ramp up your sex communication with this hot, fun, sexy, and slightly kinky scene that is sure to give you some conversation material.

You have a Marathon Sex Night planned at least monthly and have already done some of the scenarios in this book, but now it's time to take it up a notch to discover more about yourself and your partner.

## THE COURSE MAP

- > Discover how to get your sexy on and keep it on by being **On Call for Sex**.
- > Use the **Handcuff Knot** to restrict your partner's movements.
- > Explore **Sensory Deprivation** to intensify pleasure.
- > Discover kinks you never knew you had with **Sensation Play**.

Decide who is going to be the Human Sex Toy (Toy) and who is going to be the Sex Toy Player (Player). Don't worry, you can always switch. In fact, I recommend you do this scene twice so you can exchange experiences. Remember, it's play. To make it interesting or to let fate decide who does what first, flip a coin.



## TIPS TO MEET THE FINISH LINE: USE A SAFE WORD

You want to play and have fun, but you also want to be safe, sane, and consensual. Nowhere is communication more important than in kink and role-playing. Participants should agree to respect a code word that the submissive (the Toy) uses to say to the dominant (the Player). “Enough!”, “no!”, and “stop!” are not effective choices because some people like to cry out those words as part of the game. Regular practitioners use the word “red,” but you could just as easily pick something such as “toast” or “rock.” The point is to use a word you are not likely to say during high arousal or orgasm.



## THE WARM-UP



# **On Call for Sex**

The idea is that the Toy must always be aroused and ready for sex whenever the Player desires. This means that the Toy needs to think, dress, eat, talk, and behave in ways that keep her in high desire. The question the Toy should be asking is, “What can I do to feel sexier?” The Toy should do whatever she can think of to feel sexier, such as wearing sexy underwear, spending time fantasizing, and discretely touching herself when no one is looking (if the Player sees her touching herself, she may be spanked!)

The Player is the ultimate decision maker and can have the Toy for his own sexual gratification whenever he wants it. The Player can take the Toy out in public and check for sex readiness at red lights, in public bathrooms, under tables, and in other discreet areas.

The Player should decide on at least one public place for the Toy to sexually play with him, perhaps even to orgasm. Safer public places include unisex restrooms, your car, or off the beaten path of a walking or hiking trail.

## **THE MARATHON**

### **Handcuff Knot**

When you come home, pull out a rope and do a basic handcuff knot:

- > Take a 5- to 12-inch (12.5 to 30 cm) rope and locate the center.
- > Fold the rope in half.
- > Take one end of the rope and wrap it around the other side twice, leaving a loop at the top.
- > Hold the loop and fold it down over the remaining rope.
- > Draw the tail of the rope through the loop.
- > Slide the two holes of the knot around your partner's wrists and slightly pull the tails to tighten.

Place a blindfold on your partner and guide him to where you want. Remove the handcuff knot, but leave the blind-fold on and strip your partner naked. Safely put him onto the bed facedown.



Remind the Toy that he is your human sex toy present only for your own sexual gratification.

Glide your fingers over his back, up his inner thighs, and up the crack of his rear. Tell him exactly how his body belongs to you. Run your tongue over the hair of his inner thighs so he can feel the moisture from your breath and the tickling from the hair.

Remove your clothing piece by piece. Start with your shirt, place it in his hand and let his fingertips discover which article of clothing you removed. Pull his head up by his hair, and put your nipple right in his face, holding him back by the hair, but still out of tongue's reach. To his relief, let his hair go and allow his mouth to suckle your nipple.

Push your Toy onto his back. Gently run your tongue around the edges of his nipples, and then over each one until he is squirming.

Move your tongue and the sexual tension to his neck. Bite him gently but firmly. Trace your teeth back down and over his nipples and down to his abdomen.

Hover over the head of his penis so he can feel your warm breath. Tease his penis with your breath and give him a couple of delicate licks. Remind him that his orgasms are your orgasms, and you are not ready for him to come yet.



## **RUNNING NOTES: SAFE ROPE PLAY**

The handcuff knot is great for leading, but is not satisfactory for any long-term bondage or struggle. Whenever you play with rope, make sure you have scissors nearby that can cut through it if necessary.





## TIPS TO CROSS THE FINISH LINE: DENTAL FLOSS

A variation of the handcuff knot is to tie dental floss around your partner's nipples and gently lead him where you want to go.

Move forward and straddle his face. Take hold of his hair as a reminder that you are in charge and he is your Toy. Order your Toy to give you oral pleasure just the way you want it: lick, suck, glide, right, left, down, up, over, more, more, more for you, but not for him.

Enjoy your oral sex toy, but do not come this way. Straddle his cock and ride him to orgasm.

When you are satisfied, slide the handcuff knot (or dental floss) off and take him to a different location, such as the couch or bed. This will be your designated “sensory deprivation” area—the goal is for him to feel everything with even greater intensity. The change will add anticipation and increase his desire.

### **Sensory Deprivation**

Have your partner lie down in the new location and place her cuffed hands over her head to suggest vulnerability and full submission.

Remind her of the safety word and that it is hers to use if she needs to.

Remember, the idea of sensory deprivation is to take away some of the senses so others will be enhanced.

The Player will insert earplugs into the Toy's ears, so she is now deprived of sound. Try full-coverage headphones for a different experience. You can connect the headphones to a stereo tuned to a station playing only static. Noise-cancellation headphones, on the other hand, can send your Toy drifting blissfully into silence.

Not being able to hear will create an interesting state of self-awareness and the ability to hear her own breath and pulse. Sound deprivation creates a sense of isolation and anticipation.

Touch your lover and play with her using your fingertips and tongue, and then

gradually move into some Sensation Play.



## **RUNNING NOTES: SENSORY DEPRIVATION**

Sensory deprivation has been used in various types of alternative healing, and people pay money to enter isolation tanks. The experience has been described as relaxing and meditative. It's one way for people to just "let go," to give up control for a while, and turn off their senses and thoughts.





## TIPS TO CROSS THE FINISH LINE: DON'T STICK

Run water over anything that comes out of the freezer, such as popsicles, ice cubes, or ice packs. This will help to prevent skin from adhering to frozen objects.

# THE LAST LAPS

## Sensation Play

While the rest of your lover's senses are in sensory deprivation, play with her sense of touch. One by one, introduce a sensory item to your lover's most sensitive spots. Fun sensory items include the following:

- > Cup of ice cubes
- > Cup of hot water (bathtub hot)
- > Breath mints
- > Vibrating toothbrush
- > Bamboo skewer
- > Hairbrush
- > Sandpaper
- > Cotton ball
- > Fur
- > Silk
- > Leather
- > Feather
- > Comb

Introduce a sensation, followed by its opposite. For example, swish hot water in your mouth and suck on her nipple, then put an ice cube in your mouth and suck on



her other nipple. Run a vibrating toothbrush along her collar bone and then swipe it gently with a swath of fur. Strike her inner thigh with a strip of leather and follow it with the tickling sensation of a feather.

Pay close attention as you offer the sensations to your lover to make sure her responses are of pure pleasure.

When you find the sensation that delights her the most, accompany the feeling with oral sex or penetration to heighten her arousal.

Just before she climaxes, say your orgasm word and bring your Toy to orgasm . . . or deprive her and send her on another round of Sensation Play.

With this kinky Marathon Sex Night you'll learn so much about your lover that you probably never knew before. You'll discover whether one of you prefers to be the dominant or the submissive. You'll stretch your boundaries and find new ways to tantalize, seduce, and send each other into orgasmic bliss. Have fun!

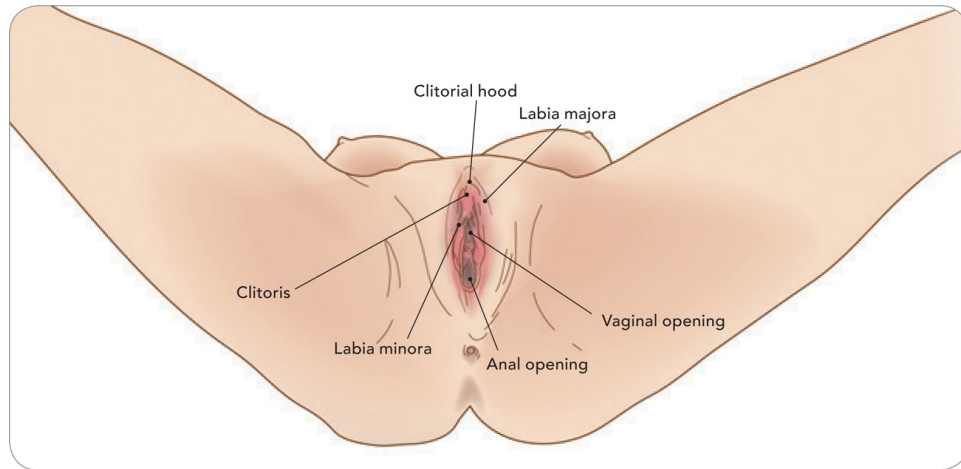


## TIPS TO CROSS THE FINISH LINE: ORGASM WORD

Before you play, agree on a word or phrase to say right before your lover climaxes. Examples could be “come now” or “fuck yes.” Do this just before orgasm each time you have sex. Once you’ve used it successfully before orgasm, try saying the word when he is merely in high arousal, you might find that it puts him over the edge to climax. Over time, you might find the word triggers arousal on its own, even when he is not thinking about sex. If your lover is particularly suggestible, you might eventually be able to make him climax with the word alone.



# BASIC FEMALE ANATOMY



The female genitalia includes the following:

## Vulva

The vulva is the female genitalia that is externally visible. It is an anatomically correct and more socially acceptable way to say “pussy.”

**Mons.** The mons is the slightly elevated, mounded area that, unless shaven, is naturally covered in pubic hair. Stimulation to her mons might enhance early arousal, but it generally does not have the pleasure power of the clitoris.

**Labia majora, or large outer lips.** The labia majora, also known as the outer lips, extends down beyond the mons and covers the more sensitive clitoris and labia minora. Like the mons, it is usually covered in hair. Although it is somewhat sensitive, stimulation here will generally not bring her to orgasm.

**Labia minora, or small inner lips.** The labia minora, also known as the inner lips, are covered and protected by the labia majora. The labia minora is soft, delicate tissue that feels silky and smooth to the touch.

## Clitoris

The clitoris has 8,000 nerve endings, and its sole purpose is pleasure. The clitoris has often been referred to as “the magic button” because it stems into the entire pelvic area. This may underscore its importance and explain why some women have challenges climaxing without some sort of stimulation to the clitoris.

**The clitoral hood.** The clitoral hood is an overlay of skin that offers protection to the more sensitive clitoral glans.

**Clitoral glans.** The clitoral glans is a 2–5 millimeter bulb that is most often located under the clitoral hood. The clitoral glans has the highest concentration of nerve endings and is what most people refer to as the “clitoris.”

**Front commissure (external).** The commissure is located just below where the lips (labia majora) meet. This band of nerves extends through the clitoral shaft. The commissure responds well to direct pressure and is not as highly sensitive as the clitoral gland, making it perfect for clothed foreplay. During intercourse, this area can be stimulated by pressure from the pubic bone; during oral sex by pressure of the upper lip.

## **Vagina**

Female genitalia is often mistakenly referred to as the vagina, but the vagina is actually the muscular passageway extending from the opening of the vulva to the cervix of the uterus. It is the passageway for birthing a child and the most common place to put the penis in heterosexual intercourse. The vagina expands at arousal and rhythmically contracts during orgasm.

## **Cervix**

If you insert a finger into the vagina, you might be able to feel the cervix at the end of the vagina, where it is located.

## **Fornix Zones**

The fornix zones are gaps or pockets between the cervix and the vagina. The anterior fornix zone is located about 4 inches (10 cm) beyond the G-spot, toward the front of the cervix, while the posterior fornix is between the cervix and the vagina on the opposite side.

## **G-Spot**

The G-spot is a spongy, walnut-sized mass of tissue located approximately 1 to 3 inches (2.5 to 7.5 cm) up on the front wall of the vagina. To find the G-Spot, have her lie on her back when she is highly aroused, insert one or two fingers into the vagina, and make a come-hither gesture. The G-Spot is named after German gynecologist Ernest Gräfenberg, who discovered it in 1950.

## **Urethra**

Think of the urethra as a small hose that is connected to the bladder and channels the urine out of the body through the urethral opening.

U-spot. The U-spot consists of tissue surrounding the urethral opening, which may be very sensitive to erotic stimulation. This is relatively undiscovered territory for most women (and their lovers!).

## **Bartholin's Glands**

The Bartholin's glands are located at the vaginal opening and release some lubrication when a woman is aroused.

## **Skene's Glands**

These are also located at the vaginal opening. When aroused, the Skene's glands are another source of lubrication. Analogous in many ways to the male prostate gland, the Skene's glands are increasingly called the "female prostate" by some physicians.

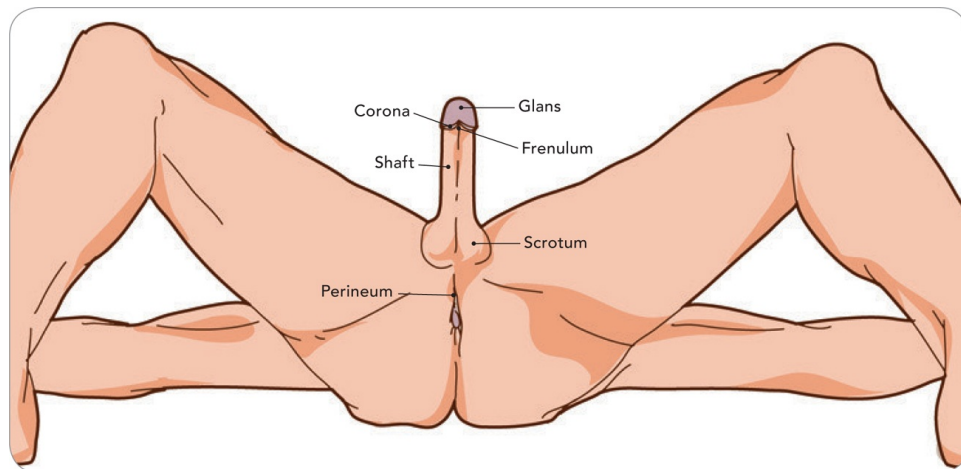
## **Anus**

The anus is very rich in nerve endings. Both men and women can experience pleasure from having their anus stimulated with a finger, tongue, anal dildo, or penis. Both men and women have a sphincter muscle that controls opening and closing the anus and that also contracts at the moment of orgasm.

## **Pubococcygeus (PC) Muscle**

The PC muscle is a hammock-like muscle that stretches from the pubic bone to the coccyx (tailbone) and forms the floor of the pelvic cavity. It controls urine flow and contracts during orgasm. If you exercise this muscle, it will become stronger, enhancing sexual pleasure and intensifying orgasm for both of you. With a strong PC muscle, you will be able to "grip" his penis, and even pull it in and out of your vagina.

# **BASIC MALE ANATOMY**



The male genitalia includes the following:

## The Testicles

Contained within the skin of the scrotum, the testicles are located behind the penis. The testicles produce and store testosterone and sperm. When he gets excited, his balls become firmer and rise closer to his penis, making the path to ejaculation more efficient.

**Scrotum.** The scrotum is a soft, delicate, baggy sack of skin that protects the testicles (balls). Its primary function is to regulate body temperature conducive to the survival of sperm. Sensitivity of the scrotum varies in men.

## Penis

The penis has some important functions: channeling urine out of the body, ejaculating sperm-containing semen, and giving and receiving pleasure. Contrary to the slang term of “having a boner,” the penis contains no bone. It is composed of tissues and muscles that are laced with veins and arteries that fill with blood during arousal. The skin covering the penis is soft and silky to the touch. The penis is made up of the following:

**Shaft.** This is the rod-like lengthening part of the penis. The shaft connects the head of the penis and the scrotum. During arousal, spongy tissue fills with blood to create an erection.

**Head (or glans).** The head is located on the top of the shaft and resembles a helmet. The head is the most sensitive part of the penis.

**Foreskin (or prepuce).** The foreskin is a movable layer of folded skin that covers and protects the glans (head) and the external urethra. When the penis is flaccid,

the head is not visible. In modern Western (and some other) societies, the skin is removed at birth or shortly after in the procedure known as circumcision, making the head visible when the penis is flaccid.

**Frenulum.** The piece of tissue connecting the head of the penis to the shaft is called the frenulum. The connecting line looks like a V on the underside of the penis. The frenulum is very sensitive to the touch, so you will want to incorporate it into your manual and oral play. Don't overlook it!

**Corona (or ridge).** The corona is the ridge or brim of flesh located at the base of the head and connecting to the shaft. The corona is very sensitive.

## **The Forgotten Zone**

This is rich sexual territory. It includes the following:

**Anus.** The anus is very rich in nerve endings. Both men and women can experience pleasure from having their anus stimulated with a finger, tongue, anal dildo, or penis. Both men and women have a sphincter muscle that controls opening and closing of the anus and that also contracts at the point of orgasm.

**Perineum.** Both men and women have a perineum. The smooth space between his anus and the base of his scrotum or her anus and the entrance of the vagina is the perineum. On a man, you can lick or press your thumb or finger pad lightly into the area and externally stimulate the prostate to a lesser degree.

**Prostate.** The prostate is internally located between the bladder and the penis. It is most easily accessed through the anus. To locate or stimulate the prostate, insert a well-lubed finger into the anus (never force anything into the anus). Gently bend a finger at the knuckle and make the come-hither motion toward you. You do not need to go in deep to feel a firm bump. This is the prostate. Rub in different ways to see what feels good to your partner.

## **Pubococcygeus (PC) Muscle**

The PC muscle extends from the pubic bone to the base of the spine. Because orgasm is the build-up and release of tension in the muscles, the PC is very important to enhancing sexual pleasure and intensifying orgasm for both men and women. The PC muscle can best be found by stopping the flow of urine midstream. Simple exercise "reps" will help to build a stronger PC muscle.

With a strong PC muscle, she will be able to "grip" his penis, and even pull it in and out of her vagina.



With a strong PC muscle, he will be able to last longer and control his ejaculate and still have an orgasm.

# RESOURCES

## Books

**Britton, Patti. *The Art of Sex Coaching: Expanding Your Practice*. New York: W. W. Norton & Company, Inc., 2005.**

*Although this book was written for sex coaches, it offers practical and valuable information for anyone interested in learning more about how to address sexological concerns and have more pleasure.*

**Carrellas, Barbara. *Urban Tantra: Sacred Sex For The Twenty-First Century*. New York: Random House, 2007.**

*Practical and easy to understand concepts for the urban lover.*

**Chia, Mantak, Douglas Abrams, Maneew Chia, and Rachel Carlton Abrams. *The Multi-Orgasmic Couple: Sexual Secrets Every Couple Should Know*. New York: HarperCollins, 2002.**

*Applying a Taoist philosophy, this step-by-step, practical, and easy-to-understand guide offers information on whole body orgasms, experiencing more pleasure, and becoming multi-orgasmic.*

**Bakos, Susan Crain. *The New Tantra Simple and Sexy: Longer, Better Lovemaking for Everyone*. Beverly, MA: Quiver Books, 2008.**

*As the name suggests, a simple and sexy book that is rich in ideas and techniques. Like all Quiver books, it's complete with gorgeous pictures.*

**Borg, Sonia. *Oral Sex He'll Never Forget: 52 Positions and Techniques Guaranteed to Blow Your Man Away*. Beverly, MA: Quiver Books, 2009.**

*This is the first book of the Never Forget series, which quickly became bestselling. Hot scenarios to set the mood, tips from the Sexpert, and step-by-step moves make this a must-read.*

**Borg, Sonia. *Oral Sex She'll Never Forget: 50 Positions and Techniques That Will Make Her Orgasm Like She Never Has Before*. Beverly, MA: Quiver Books, 2010.**

*The accompaniment to Oral Sex He'll Never Forget, which allows you to tell*

him what you like without actually telling him. The scenarios teach him to set the mood and master foreplay, and the book includes tips from the Sexpert and step-by-step moves that will turn him into the best lover you have ever had. You have to train him, girl.

**Borg, Sonia. *Spectacular Sex Moves He'll Never Forget: Ingenious Positions and Techniques That Will Blow His Mind*. Beverly, MA: Quiver Books, 2010.**

*Beautiful photos and unique, easy-to-do positions that will leave you both wanting more.*

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*Beautiful photos and unique, easy-to-do positions that will leave you both wanting more.*

**Kerner, Ian. *She Comes First: The Thinking Man's Guide to Pleasuring a Woman*. New York City. Harper Paperbacks, 2010.**

*A classic book that offers some very important fundamentals of pleasuring a woman that are often overlooked, and more.*

## **Websites**

### **Bliss Connection**

[www.blissconnection.com](http://www.blissconnection.com)

*Bliss Connection Sex educator Chrystal Bougon is one of my favorite sex toy educators. She is sex positive and very knowledgeable, and she sells tried and true toys on her website. Join her mailing list and receive 10% off your order.*

### **The Happy Endings Company**

[www.thehappyendingscompany.com](http://www.thehappyendingscompany.com)

*This site includes free downloadable videos, books, and other affordable options for receiving sex coaching on a range of issues.*

### **The Kinsey Institute**

[www.kinseyinstitute.org](http://www.kinseyinstitute.org)

*The Kinsey website shares some classic research that is valuable to the*

*understanding of human sexuality to this day.*

### **Society for Human Sexuality**

[www.sexuality.org](http://www.sexuality.org)

*The objective of the Society for Human Sexuality (SHS) is to share sex-positive information over the Internet. The site contains information and interviews from leading researchers and sexologists on topics such as safer sex, erotic massage, erotic talk, flirting, the G-spot, swing communities, and poly lifestyles.*

# ABOUT THE AUTHOR



**Dr. Sonia Borg** is a sex coach, clinical sexologist, best-selling author, speaker, and sex educator. She coaches clients to have their version of the best sex of their lives, both remotely and in person from her office.

Dr. Sonia earned her Ph.D. in human sexuality and masters in public health from The Institute for the Advanced Study of Human Sexuality in San Francisco and her masters degree in communication from San Francisco State University. Sonia is certified as a clinical sexologist by the American College of Sexologists and is a member of the American Association of Sexuality Educators, Councillors, and Therapists (AASECT).

Sonia has been featured on television and radio shows such as *Discovery Channel Canada*, *Playboy Radio*, *Good Morning San Diego*, and programs on KUSI in San Diego. She is the author of *Oral Sex He'll Never Forget*, *Oral Sex She'll Never Forget*, *Spectacular Sex Moves He'll Never Forget*, and *Spectacular Sex Moves She'll Never Forget*.

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### **A Note to Readers:**

This book contains the opinions and ideas of the author and is intended for the use of informed and consenting adults. It's not therapy; it's fun.

Sonia Borg, Ph.D., M.P.H. is a clinical sexologist and a sex coach, not a therapist or medical doctor. Some of the practices and positions in this book may not be appropriate for people with medical conditions or physical impairments. Use your good judgment!